

August 2017 • TurleyCT.com

A product of TurleyCT Community Publications  
VOLUME 3, EDITION 11

# west hartford

## Planting seeds of friendship

Community gardeners grow  
more than produce and flowers  
*See story on page 21*

Residential Customer  
ECR-WSS

PRSR STD  
US POSTAGE  
**PAID**  
PALMER, MA  
PERMIT #22

TurleyCT Community Publications  
540 Hopmeadow St.  
Simsbury, CT 06070



s for th

**BETTER GYMS. BETTER WORKOUTS.  
BETTER RESULTS!**

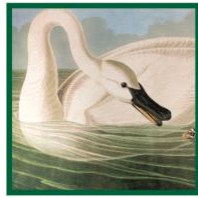
**join  
today!**

**VOTED BEST!** **CTNOW  
★ BEST  
OF  
HARTFORD  
READERS' POLL  
2016**

**big sky**

newington 667.3200  
(7 minutes from WH town hall)  
simsbury • new britain • vernon  
bigskyfitness.com





# CLASSIC HOTELS OF CONNECTICUT



*Unchain yourself from the ordinary. Discover an original.*



## Avon Old Farms Hotel Seasons

*Hartford Magazine* Best Hotel Dining  
The Knot Best Weddings  
Wedding Wire Winner Couples' Choice  
Open Table Diners' Choice  
Trip Advisor Certificate of Excellence



## The Farmington Inn Piccolo Arancio

Only Hotel in Historic Farmington Center  
Managers Welcome Reception  
Trip Advisor Certificate of Excellence  
Booking.com Award Winner



## The Simsbury Inn Evergreens

Best Sunday Brunch  
*Hartford Magazine* Best Inn  
The Knot Best Weddings  
Wedding Wire Winner Couples' Choice  
Trip Advisor Highest Reviews



## The Simsbury 1820 House Metro Bis Restaurant & Events

Only Four Star Hotel in Farmington Valley  
Trip Advisor Certificate of Excellence  
Booking.com Award Winner  
Yelp People's Choice Award Winner

### SUMMER DINING OFFER

Enjoy a **Complimentary Drink** or **Dessert** with the Purchase of any Lunch or Dinner Entrée when you Dine In at **Seasons Restaurant or Evergreens Restaurant**. Offer Expires September 21, 2017.

\*Specific restrictions apply at each restaurant. Please present this coupon to server for details.

### *Simply Extraordinary!*

- Down Feather Beds, Comforters, Pillows
- Flat TV's, Free Internet, Premium Cable
- Manicured Grounds and Gardens
- Luxurious Bath Amenities, In-Room Safe, Make-Up Mirror, Bath Scale, Original Art, Antiques, Room Service, Bars
- Imported Cotton Sheets
- Complimentary Continental Breakfast
- Luxurious Marble Bathrooms
- Corporate Meetings and Wonderful Weddings



Visit our new website at **averyheights.org**

# Regain your independence by living with some assistance.



## Assisted and Supportive Services for seniors at Avery Heights

Nobody plans to move from the house they love. Yet it seems that at some point we all experience something that tells us it might be the best option. The Terraces at Avery Heights offers comfortable residences for singles and couples that wish to maintain the highest level of independence possible.

- Assistance, as required, with bathing, grooming and dressing
- Personal laundry service each week
- Help with light housekeeping
- Three meals available daily
- Round-the-clock supervision and comfort checks by trained staff
- Comprehensive medication management

## Avery Heights Open House Tour!

Take a tour, enjoy lunch and get a taste for our exceptional value!

- Saturday, August 12
  - Wednesday, August 23
  - Saturday, September 9
- Open House starts promptly  
at 11:00 am



*Your best friend will love it here too!*

To learn more, or to schedule a personal tour, contact  
Cyndee Goodwin at **860-272-4252**

**Reserve your home  
by September 1 and  
save up to**

**\$10,000!**

**Includes:**

**Downsizing and moving costs  
Up to 2 months free rent  
*Call for eligibility and details***



One Senior Living Community.  
Everything You'll Ever Need.

550 Avery Heights  
Hartford, CT 06106



# COLDWELL BANKER

## RESIDENTIAL BROKERAGE



**FARMINGTON.** Fabulous lakefront property located within minutes to West Hartford Center. Features include 5 BR's, 3 Full Baths and tantalizing views! \$795,000

**Merin-Horner Team 860.989.8882**



**HARTFORD.** Distinctive 5BR/3+BA residence. Highly-desirable home with beautiful appointments. Spread-out space. 3 fireplaces. This elegant home will delight you. \$525,000

**Billie Reese 860.841.2457**  
**David Bobowski 860.543.2307**



**WEST HARTFORD.** Stunning English colonial on coveted street in Bugbee School District! 4BR, 2.5 baths, hardwood flrs, white kitchen, unique custom details throughout, stunning landscaping with patio. A Must See! \$525,000

**Michael Antisdale 860.803.6560**



**WEST HARTFORD.** Just in time! Beautiful renovation of charming home: Exquisite new kitchen/dining; recent family room off the back, 3BR, 2bA, 2 car garage, lovely lot! \$419,900

**Sherry Rifkin 860.985.6053**



**WEST HARTFORD.** Just a short stroll into the Center from this 4 BR 2 1/2 BA classic colonial loaded with charm. New kitchen w/granite, new C/Air and gas furnace. Wood floors throughout, 2 car att garage. \$424,900

**Lisa McCarthy 860.604.8723**

### Please Help Us in Welcoming Our New Agents:

**Derek Skrzypek 860.806.2922**  
**Hunter Mathena 860.916.2255**  
**Robert Ives 203.641.0077**  
**Sudakshina Mitra 860.481.0588**  
**Vin Chhit 860.618.8520**  
**Ruby Kammerer 860.841.0032**



**WEST HARTFORD.** Wonderful "West End" 4 bdrm home with new detached oversized two-story garage w/ finished upper level. Central Air, new roof, professional landscaping and irrigation system. \$374,000

**Billie Reese 860.841.2457**



**WEST HARTFORD.** Amazing location - walk to Blue Back! 3 beds 1.5 baths with charming period details and woodwork plus updated kitchen & baths, NEW CAIR & gas furnace, bonus rooms & more! \$345,000

**Holly Walsh 860.810.7487**



**WEST HARTFORD.** Freshly painted, gleaming refinished hardwood floors throughout with all new windows. Redesigned kitchen has granite counters, all new cabinets and new stainless appliances. \$339,000

**Greg Reese 860.818.4861**



**WEST HARTFORD.** Well-maintained 4 bedroom 3.5 bath Cape with attached two car garage. Enjoy the Landscaped backyard from the lovely porch. \$335,000

**Joyce Aparicio 860-913-4231**



**WEST HARTFORD.** Great Classic colonial style home located in the ever popular Morley school neighborhood. Renovated kitchen w/granite, SS appliances and gas range. \$319,000

**Tracey Hollerbach 860.305.7993**



**WEST HARTFORD.** Charming gambrel colonial in popular Webster Hill neighborhood. 2 bedrooms, 1.5 baths, liv rm with fireplace, formal dining rm, hardwood floors, stainless appliances, 1-car garage. A great value! \$233,500

**Michael Antisdale 860.803.6560**



**WEST HARTFORD.** NEW PRICE! Lead a carefree life in this hospitable 2-bedroom condo. Upkeep is so easy in this delightful unit. Lovely residence boasting fireplace. Indulge yourself in a gem! \$215,000

**Sherri Schwartz 860.883.0178**



**WEST HARTFORD.** Super Cute! 2 bedroom Cape, with first floor family room w/ fireplace, formal din room, hardwood floors, 1 car garage, CAIR, fenced in back yard, New roof, hot water heater. \$174,900

**Mary Rose Sinatro 860.614.4566**



**WEST HARTFORD.** Charming 1 bedroom condo steps to West Hartford Center and Blue Back. Heat Hot water included. Hardwood floors, high ceiling, arched doorways \$149,000

**Sherri Schwartz 860.883.0178**

**Sylvie Fillion, Mortgage Representative & Senior Loan Officer** For Special Financing Opportunities On Any Of Our Listings, Please Contact Sylvie at 860-570-2520 • NMLS #110720 & CT #5584

Please stop by our new office to view our West Hartford Property Showcase!

West Hartford Office | 992 Farmington Avenue | West Hartford, CT 06107 | 860.231.2600

**ColdwellBankerHomes.com**

© 2017 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker® and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate LLC. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor sales associates and are not employees of the Company.





# west hartford LIFE

**August 2017**

Read online: [TurleyCT.com](http://TurleyCT.com)

540 Hopmeadow Street  
Simsbury, CT 06070  
t 860-651-4700  
[TurleyCT.com](http://TurleyCT.com)

## QUOTE OF NOTE:

"If we want the opportunities for undergraduate women, one way to accomplish this is to admit men fulltime."

—Rhona Free, Ph.D.

See story page 7

## ON THE COVER

Steve Kovack, Jr. and Karin Peterson are busy growing all sorts of tasty vegetables and fruits in their year-round Buena Vista Gardens community plots on Cornerstone Drive.

Photo by Lisa Brisson  
See story page 21

- 4 Artist became internet sensation
- 7 USJ to admit men in 2018
- 12 Health coach helps patients
- 16 LIFE in the kitchen
- 19 A story told with satire
- 21 Community garden grows friends
- 25 Barbara Rogers is 103
- 28 Living your best LIFE
- 32 Slice of LIFE
- 33 Back to school
- 42 Revival Home moves
- 46 Where to find it
- 47 A new leash on LIFE
- 56 Editorial: Crusin'



### Personalized Mortgage Solutions

No closing cost loans  
Fast turnaround time  
Competitive rates  
Second home financing  
Expert advisors who know, live and work locally

## Right place. Right time.

Doors open faster when you're pre-approved.

Whether you're looking for your very first home, or the one you've been dreaming of for years, nothing gets you to closing quicker than a no-cost, no-obligation mortgage pre-approval from Simsbury Bank.

[SimsburyBank.com/pre-approved](http://SimsburyBank.com/pre-approved)  
888-467-8075



**Simsbury Bank**

Bank this way.



NMLS #441327

## Dining Destination



OVER  
25 STYLES  
ON  
DISPLAY

*Solid Wood • American Made • Custom*

## KLOTTER FARMS

[KlotterFarms.com](http://KlotterFarms.com) 216 West Rd, Ellington CT 860-871-1048

Free Delivery in CT, MA, RI (\$1500 min., extra charge for Cape Cod, MA)





Photo by Evan Finnance



**Left:** Artist Brian Owens works on a portrait of actor Morgan Freeman in salt. The portrait is meant to be temporary.

Photo by Brian Owens

# Artist enjoys challenge of unusual materials

Temporary pieces became Internet sensation

by Mara Dresner  
Staff Writer

**Y**ou might look at the container of Morton salt in your kitchen and think it's something to sprinkle on your French fries or a freshly grilled ear of corn. Brian Owens sees salt as a vehicle for creating art. And he's receiving attention for his work. A lot of attention.

After creating salt images of Heath Ledger as the Joker from "Batman," one of actress Angelina Jolie and a skull, Owens did a salt likeness of the rap artist Drake.

"I posted that one to Instagram and the website Reddit and it got a million views in the first day I posted it. It was kind of my big announcement to the world. I was excited. I was on cloud nine. It was definitely unexpected. I was glowing all day," he said. "It kicked off some media attention. It was definitely overwhelming, but it was recognition that what I was doing was noteworthy."

Owens first started working with salt at the beginning of 2016 after seeing some images online.

"It was kind of a trend I was seeing. I don't know why but barbers were doing it. Salt art is basically just working on dark surfaces, sprinkling

the salt down and maneuvering it," he explained. "I thought it looked fun. It was different. Obviously I hadn't seen anything like it before. For me, it came across as a challenge. I said, 'Yeah these are pretty good. It looks like something I could be good at and possibly something I could be better at.' It wasn't the first time I'd used unusual media. I had used chocolate before. I did a self-portrait in chocolate. One time I did a portrait in incense. I've always liked unusual challenges. It's a fun element to have unexpected appeal to it. You shouldn't be good at pushing around salt artistically."

He said the requirements for creating art with salt are simple. "I just used basic kitchen salt. I don't think I was concerned with should I be using this salt. The finer the grain, the more detail you can achieve," he explained. "When I first saw portraits [online], one thing did click. I needed a dark surface to work on."

In the house he found he had a card table with a black top.

"It has a kind of slight leathery texture to it. It was actually perfect. The salt grains can nest. It's not as fragile if you bump it; the salt wouldn't disperse," he noted.

His pieces take anywhere from

10 to 20 hours to create.

"I would take pictures of my work and compare them side by side with my reference photo. When I felt I had achieved a likeness, that's when I felt comfortable saying this is done. There's not a lot of pressure deciding when a salt piece is done because it's not going to live very long.

"Occasionally, they get disturbed before they are done. When I was working on Angelina Jolie, I was tuning up a piece of her hair when I brushed through her face with my sleeve," he said. "The salt pieces live maybe a day, maybe two weeks on the table. I try to capture them with pictures, maybe a creative video. None of the salt pieces have been permanent."

One piece he did of Albert Einstein was for an event at the Simsbury Public Library in May 2016. At the end of the day, he took a book about Einstein from the library's shelves and dropped it on the table, destroying the image.

Owens said he's been artistic since childhood. In elementary school in Simsbury, where his parents, Marianne and Peter Owens, still live, he remembers drawing dolphins for his classmates.

"That started it all off. I would

draw these dolphins and I got a very good response from my friends. I constantly got requests for them. Looking back I would probably cringe at them, but it was positive reinforcement, and it kicked it off for me," he recalled. "It was fun to discover the other artists in the class. I've always been pretty competitive with my hobbies. I'd find people who I didn't know were good artists, and say, 'I want to be better than you.' It was a little friendly competition."

Owens still enjoys creating animals, although he mostly does portraiture.

"I don't do very many landscapes. I like giving life to artwork. It kind of puts a new level to it. If you can convey life, I think that's a special thing," he said.

He's also been working on a series of large pastels based on the Seven Deadly Sins.

Over the past couple of years, he's become immersed in his art, inspired in part by other artists on Instagram.

"Instagram has been a huge influence. That's when I got a lot of exposure to other artists in the world. It's a beautiful thing when you can be connected to other artists with a tap of the finger. I started to see a lot of artists with sort of similar styles at



different levels. It pushed me at my technical skills. I started my Instagram page," he said, experimenting in colored pencil drawings, graphite and charcoal. "Then art pages started featuring my work and it grew in momentum."

Owens, who has a degree in mechanical engineering from the University of Delaware, began to reflect on his work in salt and wondering where to take his art.

"It doesn't last physically. I think you could argue it could outlast some of my physical pieces because of the impression it has on audiences. When I destroy it, the heartstrings go up; you destroy something they find beautiful. In that sense, I think it has a greater impact on them. It doesn't have to be physically preserved to be emotionally preserved. With that said, I had a lot of people reaching out, telling me I was crazy for destroying these works. That's where the next stage in my art came about, saying maybe there is a way to preserve these," he explained.

His first attempt at post-production preservation was with a portrait of Bob Marley; he used black paper glued inside of a frame, similar to a shadowbox insert.

"Somebody had suggested a resin material, an epoxy resin. It's like liquid glass."

Despite pouring it on delicately, the piece nearly completely dissolved in the resin. That's what led him to sand,

**"I did a self-portrait in chocolate. One time I did a portrait in incense. I've always liked unusual challenges."**

**—Brian Owens**

in the hopes it would not dissolve.

His first sand portrait was one of actress Audrey Hepburn.

"When I was planning this, I came across another artist who uses black and white sand. I didn't see any color in his work. When I bought the sand, I bought black sand, gray sand and white sand, and then I added food coloring to some of the white sand, so the red sand comes about before I did the project," he said of Hepburn's bright red lips. "There are four different shades there."

He bought a standard poster frame and used Gorilla Glue to affix the acrylic sheet to the frame to have a shallow box to work with. After he created the portrait within the frame, he poured resin inside the frame. This time, it worked;



**"Gluttony," a work in soft pastel, is the first of the "7 Deadly Skulls" series by artist Brian Owens, based on the Seven Deadly Sins.**



## Read our publications online.

It's easier than ever to navigate through the pages of our publications. You can download individual pages as PDFs. Make us your homepage for local news, events, and much more!

**TurleyCT**  
COMMUNITY PUBLICATIONS

The West Hartford PRESS • The Valley PRESS • Valley LIFE • West Hartford LIFE  
Rocky Hill LIFE • Wethersfield LIFE • Glastonbury LIFE • Newington LIFE

**www.TurleyCT.com**

## Looking for a NEW DENTIST?

Exceptional dental care provided by a compassionate, trustworthy dental team...



Thomas J. Mensi, D.M.D.  
Charles R. Chiarello, D.D.S.  
Steven Hall, D.M.D.  
Jason T. Mielcarek, D.M.D.  
Ofer M. Doron, D.M.D.  
Nathan E. Mumford, D.M.D.



**Six Dentists and Hygienists  
for convenient scheduling.**

**Multi-specialists under one roof and  
a doctor on call 365 days a year.**

**We're here when you need us!**

**OPEN 6 DAYS A WEEK**

**Early morning & Saturday hours available**

### Contemporary Services:

- Sleep Medicine & Invisalign
- Cosmetic Bonding
- Veneers • TMJ Therapy
- Root Canals
- Smile Analysis and Design
- On site Specialist Care

*Serving the Valley & West Hartford's dental needs since 1973*



**DENTAL ASSOCIATES**  
Farmington Connecticut

291 Farmington Avenue, Farmington **860-677-8666**

Visit our website & Mobile App! **www.DASmile.com**



## BUCKINGHAM MAIN LIVING SPACE



## Everything Under The Sun

Summer is here and we are nearing completion on 68 new one- and two-bedroom Independent Living residences in Seabury's South Wing.

We're very excited to welcome our new residents to campus this fall and to watch these beautiful new spaces be transformed into neighborhoods and communities by the people who will live here.

We have a limited selection of South Wing residences still available. Start planning today!

Life at Seabury offers a stimulating, engaging environment surrounded by friends and neighbors, with the peace of mind and security of Life Care. Come be a part of it. And invite your friends.

Learn more about how to reserve your future home at our monthly informational sessions on every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am. Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail [info@seaburylife.org](mailto:info@seaburylife.org)

  
**Seabury**  
 An Active Life Plan Community

*Revolutionizing the experience of aging!*

**BEST OF 2009**  
**Hartford**  
**MAGAZINE**



200 SEABURY DRIVE | BLOOMFIELD, CT 06002  
 (860) 286-0243 | (800) 340-4709  
[WWW.SEABURYLIFE.ORG](http://WWW.SEABURYLIFE.ORG) | [INFO@SEABURYLIFE.ORG](mailto:INFO@SEABURYLIFE.ORG)



READ  
**LIFE**  
 ONLINE AT  
**[www.TurleyCT.com](http://www.TurleyCT.com)**  
**TurleyCT**  
 COMMUNITY PUBLICATIONS

Brian Owens stands next to a self-portrait in charcoal.



he had a lasting creation.

Owens said it can take him about half an hour to really "zone in" on a project and then he works as long as he can. He tried listening to podcasts while working but prefers music, anything from '90s alternative rock to rap.

"I have a weakness for rap. It's very strange. I go from one extreme to the other," he said.

He doesn't make a sketch before he starts working.

"When I start with the salt or the sand, I sprinkle a light layer and shape it up free hand. I don't draw anything on the surface. Then I'll take a picture of it and compare it to the original and see where did I not get my proportions right. Once I felt I had a good foundation, then I could get in and really start getting that detail," he said.

All of his works are for sale. He also gets commissions, mostly for color pencil or pencil portraits that are given for gifts.

Owens' work tends to stay with people for a long time.

"I first met Brian in middle school and we graduated high school together in '09. My first knowledge of Brian and his artwork was an in-school art fair I more or less skipped class to attend. Glad I did because I was pretty taken aback at what he was able to do. The particular piece I remember to this day was a one where he made a mechanical crane with the head of a giraffe. I thought it was a really cool concept," said Logan Bernard, who grew up in Simsbury and now lives Boston.

He's been equally impressed with Owens' current work with

unusual materials.

"It's a perfect example of him trying a new avenue and absolutely knocking it out of the park," Bernard said. "He is intensely creative. He takes many different concepts and disciplines and works them out into a picture, etc. Brian always seemed to make something very intricate and difficult look as if he tried his hand at it once and there it was, primed and pressed."

Owens will work in almost any medium, as exhibited by a corporate project he did this year with Jägermeister.

"As a result of my salt work, they asked me to perform four live art performances at their events where I make a very large – six by six foot – rendition of their logo out of spices used in their drink. Again, this work is not permanent, just an exciting attraction for the guests," Owens said. He created works for the company at events in New York City, Las Vegas, Orlando and New Orleans.

He said that creating art serves multiple purposes.

"My motivator has always been growth, self-improvement. But what it really comes down to is in one word, legacy. We're all mortals here; we not going to live on forever. Art is one method of putting yourself in a permanent medium. I want to be remembered through my art. I think that's a fascinating notion," he said. "It really does fulfill me. On a soul level, it makes me happy. I get a rush out of it." **WHL**

Learn more at [instagram.com/browens\\_art](https://www.instagram.com/browens_art) or contact [browensart@gmail.com](mailto:browensart@gmail.com).



# University to go coed

Saint Joseph will begin admitting men in fall 2018

by Mara Dresner  
Staff Writer

In 1932, the Sisters of Mercy of Connecticut set out to establish the first liberal arts college for women in the Hartford area. Now the University of Saint Joseph (USJ) is entering a new stage. On June 14, the school's Board of Trustees unanimously agreed that the university's admission process for full-time undergraduate programs will open to all students, beginning in the fall of 2018.

USJ began researching the process of becoming a coeducational institution in November 2016, establishing 12 task force groups in areas such as mission integration, academic programs and consortia, athletics, student life, and academic and administrative support.

Rhona Free, Ph.D., president of USJ, said that although the issue has been discussed in the past, the timing wasn't right until now.

"It is something that has been brought up several times, but there has been too much going on," she noted. "We were launching the School of Pharmacy. Now that the School of Pharmacy is in place and fully accredited and fully enrolled, we could revisit [the issue]. To make a decision like this, you have to have the financial resources to implement it correctly; we do. This is the time to look at it. If we want to expand the opportunities for undergraduate women, one way to accomplish this is to admit men fulltime.

"There are some majors we really wanted to be able to offer to



Photo by Steven Laschever Photography

Rhona Free, Ph.D., president of University of Saint Joseph, said that the school will be able to expand its offerings.

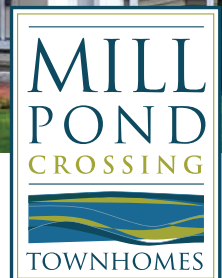
*Summer*  
SPECIAL  
\$ \$ \$ \$ \$  
in Savings!

## Only 4 Units Left!



**Act now on our limited time offer.  
We give you more value for your money!**

From **\$374,900**



*Life* IN SIMSBURY  
WWW.LIFEINSIMSBURY.COM

To learn more about Money Magazine's  
Top 10 Town in the USA!

BERKSHIRE  
HATHAWAY  
HomeServices  
New England Properties

Gary Emerito  
Susie Ouellette  
Karen Mendes

860-716-7601  
860-462-8200  
860-944-8585

New Simsbury Townhomes

**Open Sunday 1-4pm**

4D Mill Pond Lane, Simsbury CT  
[millpondcrossing.com](http://millpondcrossing.com)

©2017 An independently operated member of BHH Affiliates. Equal housing opportunity. Prices, terms and availability subject to change. Sale ends Sept. 5, 2017



undergraduate women but we just didn't have enough students to expand our offerings. One way to get additional enrollment to offer those majors is to admit men," she continued. "Most of our undergraduates are either neutral or in favor of it. Given their responses and the responses of alumni, everything suggested it should be a go."

Some of those majors under consideration are engineering sciences; health sciences, which Free said will help feed students into the physician assistant and pharmacy programs; and digital media.

Men will be able to start the process this fall for admission the following year.

"We do have a lot of male students in our program for adult learners. They could apply and start even sooner, just not as a full-time student," Free said. "For most students it won't be a very big change because we already have a lot of men in undergraduate classes now."

The school is part of the Hartford Consortium for Higher Education, which includes 11 schools

in Greater Hartford.

"Students at any one of the campuses [may] take classes at any one of the other campuses," she explained. "Anyone enrolled at another university may want to take a class we offer. Male students take many, many classes we offer already. Male students are living on campus already; they're graduate students; they're in the cafeteria; they're in the library. The experience of our students won't change all that much. It will be a very gradual increase."

The goal for the first year is to bring in about 50 male students. Ultimately, she said, the school would like to have an enrollment of about 900 students, 300 which are men.

"We don't have to make a lot of changes in facilities because we're not looking to bring in a thousand. We can move students around in the residences halls," Free explained, adding that USJ will keep an all-women's dorm.

In addition, men's sports will be added.

Many experienced a number

of emotions when they first learned of the news.

"[I was] a little sad to begin with, but having two daughters in college who would absolutely not consider the school because there were no boys, I realized that the school would need to change. I think college choices have become so competitive that if you're only looking at half of the population, you've decreased your target audience already. Then, many of the young women are not going to choose the school based on the fact that there aren't any men, again decreasing the possible candidate pool. In order to stay competitive and have an acceptable number of incoming students I think coeducation had to happen," said Patricia Gaimari Brennen of Georgia, a 1982 graduate of USJ.

"For those of us who attended the college – it was a college during my years – we were taught the mission and values of the Sisters of Mercy. I am Catholic and have a deep faith and believe in the mission and core values that the university taught. I don't believe that will

change. I have faith in the institution. I am not afraid of the change. They will now be providing a higher education and teaching that faith, mission and core values to young men. I'm encouraged that the men who attend the college will also be taught the value of women. That will be a distinction from other small liberal arts colleges."

Katrina Pytel, a Middletown resident, is a graduate of USJ's nursing program; her daughter, Gwen, is an incoming first-year student in the pre-nursing program. Both attended all-girls high schools prior to enrollment at USJ.

"I was of mixed feelings when I first heard the news. But upon further thought I realized what a great decision this was. All of my professors taught us that this is a global society. We are not limited by anything anymore. Airplanes, trains and ships take us all over the world. We need to embrace and accept those that are different from us, and to me, that includes males. Let's face it; in the working world, we work with as many men as women. Why wait

**Call Us For A FREE Quote Today!**  
**(860) 540-6370**



**\$99**

**AIR  
CONDITIONING  
TUNE-UP**

Date Used \_\_\_\_\_ Tech's Initials \_\_\_\_\_

Conditions may apply. Coupon must be presented at time of appointment scheduling or service call. Can not be combined with any other coupons, offers, discounts, or previous service. Call for details. LIC #0398566



**County Wide  
Mechanical  
Services**

**(860)  
540-6370**

**WE'RE HIRING!**

**HVAC Installers  
HVAC Installation  
Foreman  
HVAC Service  
Technicians  
HVAC Comfort  
Consultants  
Plumbers**

Email your resume to  
[twood@cwms-ct.com](mailto:twood@cwms-ct.com)  
[www.CountyWideCT.com](http://www.CountyWideCT.com)

## 5 Reasons to Go Ductless

1. They Offer Highly Flexible Solutions
2. They Improve Indoor Air Quality – Happy Breathing!
3. They Are Quick and Easy to Install
4. Ductless Cooling Lowers Your Carbon Footprint  
*Ductless systems are energy efficient and environmentally friendly!*
5. **THEY SAVE YOU MONEY!**

"How Can We Make  
Your Day Great?"



**Plumbing Problems Got You SCREAMING MAD?**

**\$59**

**WHOLE HOUSE  
PLUMBING  
EVALUATION**

Date Used \_\_\_\_\_ Tech's Initials \_\_\_\_\_

Conditions may apply. Coupon must be presented at time of appointment scheduling or service call. Can not be combined with any other coupons, offers, discounts, or previous service. Call for details. LIC #0398566

**\$49**

**WATER HEATER  
FLUSH & TUNE-UP**

Date Used \_\_\_\_\_ Tech's Initials \_\_\_\_\_

Conditions may apply. Coupon must be presented at time of appointment scheduling or service call. Can not be combined with any other coupons, offers, discounts, or previous service. Call for details. LIC #0398566

**\$50  
OFF**

**YOUR NEXT  
PLUMBING REPAIR**

Date Used \_\_\_\_\_ Tech's Initials \_\_\_\_\_

Conditions may apply. Coupon must be presented at time of appointment scheduling or service call. Can not be combined with any other coupons, offers, discounts, or previous service. Call for details. LIC #0398566

**\$100  
OFF**

**WATER  
SOFTENER OR  
FILTRATION SYSTEM**

Date Used \_\_\_\_\_ Tech's Initials \_\_\_\_\_

Conditions may apply. Coupon must be presented at time of appointment scheduling or service call. Can not be combined with any other coupons, offers, discounts, or previous service. Call for details. LIC #0398566

**"The Professionals You'd Send to Your Parent's House"** **PLUMBING - HEATING - COOLING - ELECTRICAL - ROOFER - DRAINAGE**  
**County Wide Mechanical Services LLC**



until that time to learn how the opposite sex thinks and works? Let's bring them into the classroom and start to explore other viewpoints before releasing women into the working world. To me, that's like a leg up. We women now have an idea how you think and how you work. This is an advantage that we can't get from books. I do believe that same-sex education is beneficial, however, in the formative high school years. Once college age, these kids need to learn to interact with one another in the classroom and beyond," Pytel said.

"Gwen was accepted to seven universities, but ultimately chose Saint Joe's, mostly because of the location and smaller size; definitely not because they were women only."

However, not everyone is excited about the change.

Jackie Ozark of West Hartford, a women's studies major, Class of 2020, said she felt "overwhelming disappointment" when she learned of the decision.

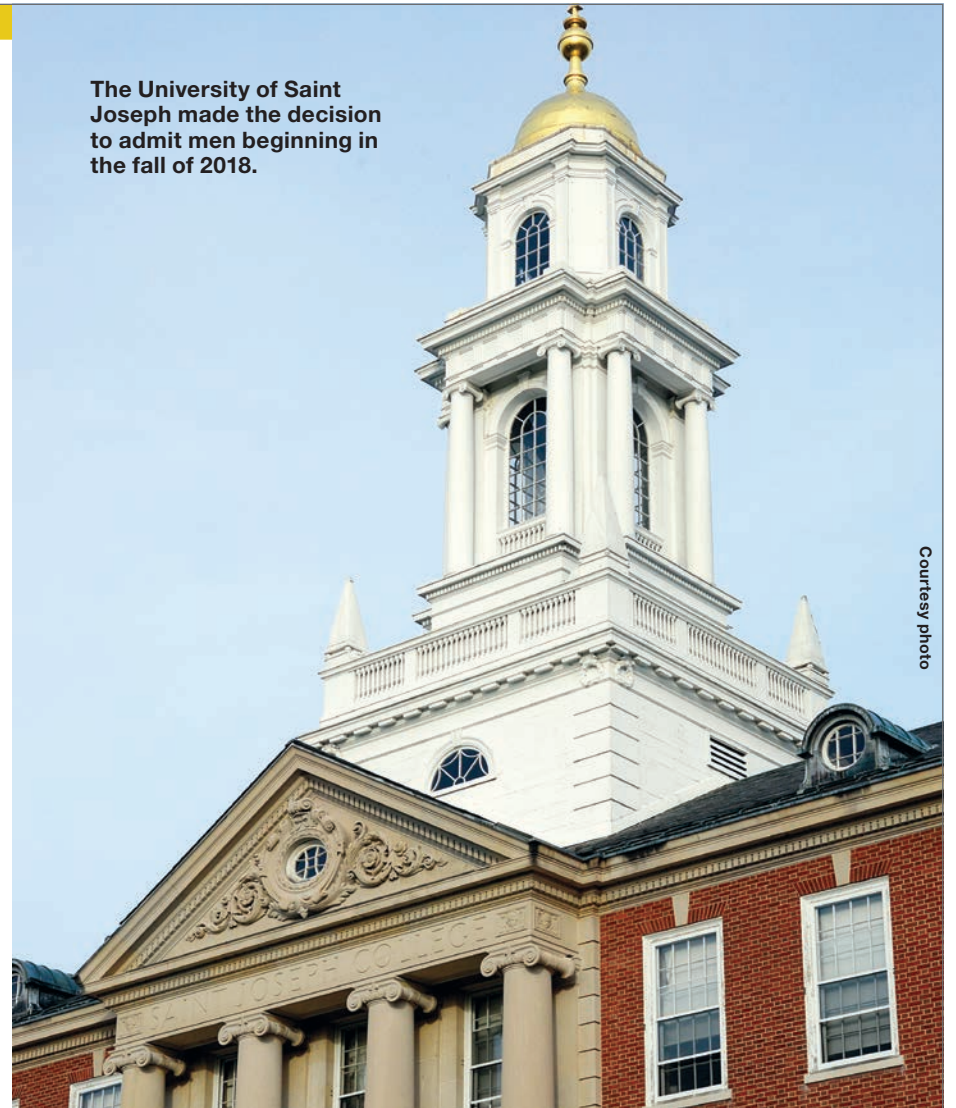
"I feel a sense of loss. The admission of men feels intrusive.

In an androcentric society, where women are interrupted, out-spoken and over-spoken by men, women's colleges provide women with opportunities to lead and create spaces where women's voices can be heard. USJ has been a reprieve from patriarchy, especially for me as a women's studies major. An integral part of what makes USJ so special is that it's a women's college. In admitting men, the university is failing women. It is failing to adhere to its mission," she said. "The admission of men may well increase enrollment, it may garner more money for the school, but that comes at a steep price to women. It comes at the cost of putting profits before women and that is a disappointment."

Susanne Jordan's daughter Jessica is a senior majoring in social work.

"I waited anxiously throughout the spring to hear what decision the University of Saint Joseph would make about admitting men. Being a graduate of an all-women's college in Norton, Massachusetts, that also went coed, I had no doubt in my

**The University of Saint Joseph made the decision to admit men beginning in the fall of 2018.**



Courtesy photo

## Thank you from the Hall High School Safe Grad Committee and Class of 2017

On behalf of the Safe Grad Committee and the Class of 2017, a heartfelt THANK YOU to the following businesses and individuals who supported the 2017 Safe Grad Party on the evening of June 15, 2017. Your financial support and donations made the party a huge success. Thank you to the local businesses who allowed us to put out donation jars and to the community members who generously filled them. And lastly, thank you to everyone who contributed their time and energy to the Safe Graduation Party. Your efforts were greatly appreciated by the Committee and the Graduates.



AC Petersens  
A Little Something Bakery  
Academic Coaching Associates  
Anytime Fitness of West Hartford  
Bed Bath & Beyond  
BJ's Wholesale Club  
Black Bamboo  
Bloomfield Bicycle & Repair Shop  
Blue Back Dental  
Blue Plate Kitchen/Inspired Caterer  
Blue Sky Fitness  
Bluemercury  
Blum Shapiro  
Richard & Dortha Bona  
Bouvier, Beckwith & Lennox, Inc.  
Bristow Middle School PTO  
Bugbee Elementary School PTO  
Butterfly Chinese Restaurant  
California Pizza Kitchen  
Central Orthodontics  
Central Pediatrics & Adolescent Medicine  
Charter Oak International Academy PTO  
Chengdu  
Chick-fil-A  
Cipes Pediatric Dentistry  
Claypen  
Coca-Cola Enterprises  
Concetta's  
Connecticut Pediatric Dentistry  
Contours Spa & Wellness  
Costco  
Jim Crabb  
Crazy Bruce's Liquors

Crown Supermarket  
Dental Associates of Farmington Avenue  
Drew Orthodontics  
Dunkin' Donuts  
Edible Arrangements  
Edwards Connors Insurance Agency  
Effie's Place Restaurant  
James Ellis  
Farmington Chapter of UNICO  
Farmington Mini Golf  
Filomeno & Co.  
Flight Trampoline Park  
Frank Pepe Pizzeria Napoletana  
Ginza  
Goldberg's Bagels  
Alexandra & William Gorra  
Hall's Market  
Harry's Bishops Corner Pizza  
Hartford Yard Goats  
Kelly & Neil Hartzog  
Cynthia Jacobs  
King Philip Middle School PTO  
Koma Japanese Steakhouse  
Larsen's Ace Hardware  
Launch Trampoline Park  
Lenses Only  
Luna Pizza  
Lux Bond & Green  
Lyon's Gulf  
Macca Plumbing & Heating  
Mandell JCC/Café J  
Matthew Phillips Salan  
Max Burger

Maximum Beverage  
McKenna Orthodontics  
Metro Cafe  
Moe's Southwest Grill  
Morley Elementary School PTO  
Moscarillo's Garden Shoppe  
Mr. Sparkle Car Wash  
Nationwide Driving School  
New Britain Bees  
Nomads Adventure Quest  
Norfeldt Elementary School PTO  
Oggi  
Ooh La La Boutique  
Petcare Veterinary Services  
Pilates Defined  
Plan B Burger Bar  
Prohealth Physicians of Farmington  
Putters Paradise/Berlin Batting Cages  
Qdoba  
RLM Co.  
Ron-A-Roll Indoor Roller Skating  
Rosenberg Orthodontics  
Russell's Creative Catering  
Safari Golf  
Sharon Elizabeth Photography  
Shoprite  
Silver Dahlia  
S.K. Lavery  
Ski Sundown  
Solinsky Eye Care  
Starbucks  
Steben Auto Glass  
Stop & Shop

Subway  
Pam Sutula & Mark Sinatra  
Taylor & Modeen Funeral Home  
The Adventure Park at Storrs  
The Bridge Family Center  
The Haymond Law Firm  
The Simoniz Garage  
TheaterWorks  
Triple Star  
Valvoline Instant Oil Change  
Venora Electric  
Vic's Automotive  
We Care Computers  
West Farms Mall  
West Hartford Baseball Little League  
West Hartford Girls Basketball  
West Hartford Cooperative Ministries  
West Hartford Education Association  
West Hartford Exchange Club Foundation  
West Hartford Fire Fighter Association  
West Hartford Leisure Services  
West Hartford Police Department  
West Hartford Rotary Club  
West Hartford Yoga  
Whiting Lane Elementary School PTO  
Whole Foods Market  
William H. Hall High School PTO  
Wings Over West Hartford



# Time for a **NEW** BACKYARD?



***Let Moscarillo's design and install it!***

- Landscape Renovations
- Tree and Shrub Planting
- Perennial Beds
- Garden Maintenance

**Moscarillo's**  
garden & floral

2600 Albany Ave., West Hartford • 860-236-5487 • Follow us at: [facebook.com/moscarillos](https://facebook.com/moscarillos)  
[landscapes@moscarillos.com](mailto:landscapes@moscarillos.com)

[www.moscarillos.net](http://www.moscarillos.net)

FLORIST OPEN 7 DAYS A WEEK • Delivery to West Hartford, Avon, Simsbury, Farmington, Bloomfield, Hartford



mind that USJ would end up making the same decision. Sadly, several weeks ago, we received the news via social media. The school was excited about this decision, felt women should be sharing the classroom with men as they would be in the workforce with men, they felt this decision would allow for greater opportunities for all students and they claimed that the decision was made from a position of financial stability," Jordan, a Wallingford resident, said.

"Having watched my quiet, shy – yet mature – daughter blossom at USJ, I advocate strongly that there is still a place for women's colleges. Studying in an all-female environment validates that young women can do anything that they want and be equally as successful as young men. There are more athletic, student and community leadership opportunities available for women, and I believe closer bonds are formed between professors and students. Having experienced this learning environment myself, I can attest to the fact that [it] is very unique and special, and I do believe that the majority of women choose a women's college because it is single sex. If they would like to experience learning and studying with men, there are a plethora of coed schools available

to them in Connecticut and throughout the country. So it goes without saying that both my daughter and I are very disappointed in USJ's decision, and a decision that seems to be based on input from a small sampling of the USJ community."

Jordan does not believe the decision was made from a place of strength.

"I do not think that admitting men will be a good move for the university. Sadly, I think the decision

ultimately just become another small, liberal arts college, of no particular distinction, and just a stone's throw away from other larger, private, coed institutions that are already well-established.

"I am glad that my daughter will graduate while the school is still all women. I feel badly for those girls who are currently freshmen and sophomores and chose the school because it was single sex," she added. "Ultimately, I want to see

sure their experience is what they wanted," she said. "We'll do a lot of faculty and staff development to make sure we provide classrooms that continue to be nurturing for women and also are accommodating for men."

Free is excited about what the change will bring to the university.

"It brings broader diversity of thought and perspective. We know some students are interested only in a coeducational environment; we can bring in those women and as well as men. With an increased enrollment we can offer more opportunities for undergraduate majors as well as co-curricular activities, clubs, events; we can expand the type of things students can do while they're on campus," she said.

One thing that will not change is the foundation that was started in 1932.

"On campus there is still a strong sense of commitment to social justice, to ethics, to developing values," she said. "The Sisters of Mercy left an imprint and continue to have a presence. We talk about ethics and values and compassionate service. We have students who are here because of that. It's really a defining feature of the institution."

**WHL**

*Learn more at usj.edu.*

## **"If we want to expand the opportunities for undergraduate women, one way to accomplish this is to admit men fulltime."**

**–Rhona Free, Ph.D.**

was made from a position of financial instability, having watched the school struggle to fill its dorms over the years and to increase their acceptance rate," she said. "I fear the emphasis will be on adding things that appeal to men and not expanding any new opportunities for the young women. Again, I believe the school's niche was being all women and its strong Christian values. Now I am not sure what will attract young men, and even young women, to a school that will

the school succeed, but I was very disappointed with the way the decision was made – my daughter never had an opportunity to share input – and I feel that the school has a very long and difficult road ahead."

Free said that there is a sensitivity to those who came to USJ because it was a single-sex school.

"It's definitely something we will be talking to them about. If they came to Saint Joseph's because they wanted a women's college, what would they like us to do to make



READ  
**LIFE**  
ONLINE AT  
**www.TurleyCT.com**

**TurleyCT**  
COMMUNITY PUBLICATIONS

**Extraordinary Asian Experience**  
GREAT FOOD, GREAT SERVICE, GREAT TIME



**SAKE CAFE**



**FEATURING JAPANESE, THAI & FUSION CUISINES!**  
Finest Japanese Food in CT • Finest Ambiance in the Area  
The Best Martinis • Generous Portions • Great Quality & Price

**774 Park Ave.**  
(Next to Wintonbury Mall)  
**Bloomfield**  
860-286-7898 • 860-286-0833

**1105 Silas Deane Hwy.**  
(Located in Wethersfield Shopping Center, Next to TJ Maxx)  
**Wethersfield**  
860-721-1618 • 860-721-1638

**www.sakecaferestaurant.com**

**50% off**  
**dinner or lunch entree**  
Buy one dinner or lunch at reg price and get 50% off second entree of equal or lesser value.  
Dinner or lunch entree • Sun-Thurs. only  
Dine-in only • Excludes take-out

**Sake Cafe**  
Bloomfield 860-286-7898 • 860-286-0833  
Wethersfield 860-721-1618 • 860-721-1638  
With this coupon. Not valid with other offers or prior purchases.  
Excludes holidays, holiday eves. **Expires 8/31/17**

---

**free**  
**kid's meal**  
with every 2 dinner entrees purchased  
Dine-in only • Sun-Thurs. only  
Excludes take-out

**Sake Cafe**  
Bloomfield 860-286-7898 • 860-286-0833  
Wethersfield 860-721-1618 • 860-721-1638  
With this coupon. Not valid with other offers or prior purchases.  
Excludes holidays, holiday eves. **Expires 8/31/17**

---

**\$10.00 off**  
**any purchase**  
of \$50 or more  
Dinner entree only • Sun-Thurs. only  
Dine-in only • Excludes take-out

**Sake Cafe**  
Bloomfield 860-286-7898 • 860-286-0833  
Wethersfield 860-721-1618 • 860-721-1638  
With this coupon. Not valid with other offers or prior purchases.  
Excludes holidays, holiday eves. **Expires 8/31/17**



# Empowering patients

Health coach helps people make sense of their conditions

by Alicia B. Smith  
Associate Editor

**A**nne Koneru was going to be a lawyer. In the midst of her tenure as a Peace Corps volunteer in the Amazon of Ecuador, she had a change of heart. Here she was helping women learn to make hydration salts at home or assisting farmers with foot care. It was then she knew she would follow the many nurses in her family and join the profession.

She earned her nursing degree from the University of Miami and continued there for her master's in nursing, having already earned an undergraduate degree in history and ethnic studies. She went on to work with Donna Shalala, former secretary of health under President Bill Clinton,

where the two taught a course on public health policy.

"I worked with her as an assistant and learned how complicated our health care system is," Koneru said.

Koneru has an even better understanding now as part of the work she does with the Hartford-based Malta House of Care, which provides free medical care to those without insurance.

In her role as a health coach, Koneru has patients who are referred to her from Malta House of Care doctors. She works with them one on one to help them better understand their doctors' instructions, the appropriate ways to take their medications, suggestions on how to further better their health and more.



Photo by Alicia B. Smith

Health Coach Anne Koneru, of Malta House of Care, helps patients navigate the directions given to them by their doctor with special tips and a plan to move forward.

THE AUTORINO  
**CENTER**  
FOR THE **ARTS**  
AND HUMANITIES

## 15th Anniversary Season



UNIVERSITY OF  
SAINT JOSEPH  
CONNECTICUT

### Daniel Salazar's GUITAR UNDER THE STARS



September 9

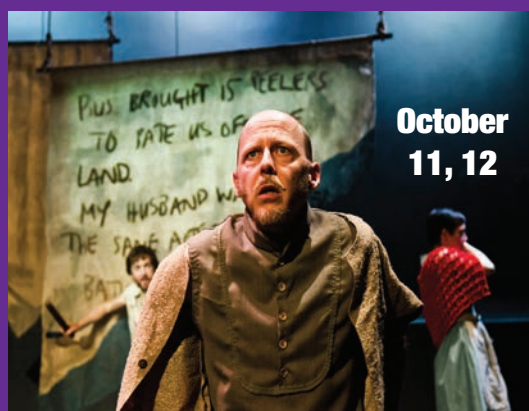
Area Favorite coming to USJ!

**FREE Outdoor Concert 7:30PM**  
Spanish, Classical, Latin American  
and International Music

*\*bring blankets – food available for purchase*

### STAR OF THE SEA

By Moonfish Theater, from Galway City  
Ireland-Irish/English Bilingual Production



October  
11, 12

Adapted from Joseph O'Connor's  
best-selling novel, "Star of the Sea."

*In 1847, a ship flees famine stricken Ireland for New York City and where the lives and fates of these travelers are more connected than any of them know.*

*"Gorgeously assembled theatre" - Irish Times*

### Connecticut's Premier Contemporary Dance Festival



November 3, 4

This Festival brings together choreographers, performers, educators and students to share their experience, talent and inspiration through master classes, workshops, discussions and performance.

**FOR MORE INFO: 860.231.5555 or [usj.edu/arts](http://usj.edu/arts)**

**Free Parking 1678 Asylum Avenue, West Hartford, CT**



"I am so blessed to be in this position," the West Hartford resident said. "It's really an innovative and forward-thinking approach to promoting transformative health care."

Much of the work she does simply comes because of the limited amount of time a patient has with a doctor; they can leave with unanswered questions or uncertainty about what they were told. It is Koneru's job to help answer questions and have patients gain a better understanding of their condition and how it should be treated.

"It's really going to change how we talk about health care," Koneru said. "It's putting patients in charge of their health."

Malta House Executive Director Michelle Murphy said, "We know from research more than half the people who leave the doctor, insured or uninsured, don't know what the doctor just told them. They can take a prescription and fill it, [but] may not understand or feel overwhelmed by advice from the doctor or not know how to make day-to-day changes in their life. That is where

the coach comes in."

A grant by the Boehringer Ingelheim Cares Foundation allowed Koneru, who is bilingual in English and Spanish, to join the staff in April. The first grant BI offered funded a health coach for American Free Clinics based in Danbury.

**"I help them know the ideal and what is possible. It leads to better outcomes."**

**—Anne Koneru**

Already in her short time with the agency, Koneru has seen improvements with some of the patients such as better blood pressure or lower cholesterol levels.

Koneru explained that all patients at one time or another have heard about the importance of exercise or how many servings of fruits and vegetables they should have each day. What often hinders them from adopting these missives as part

of their lives is that they feel they do not have time in their day or do not know where to begin.

Many of the patients who receive care through Malta House are those who are struggling to make ends meet – they may be working two jobs and are trying to

balance work with responsibilities at home. They may wonder when in the day are they supposed to find 30 minutes to exercise.

That is where Koneru can help.

She will help a patient develop a plan, sharing simple changes they can make that will have a big impact on their health.

"I help them know the ideal and what is possible," Koneru said. "It leads to better outcomes."

In some instances it might be Koneru steering a diabetic towards using stevia, a natural plant-based sweetener, rather than a processed one or swapping barley for rice. Other suggestions might be parking further away from work and walking the rest of the way, this might be a 10-minute walk in the morning and a 10-minute walk in the afternoon, which adds up.

"It's getting down to the specifics, which no one has time for with a typical medical appointment," Koneru said.

Dr. Theresa Caputo, one of the physicians at Malta House of Care, often refers her patients to Koneru.

"Patients have a sense of empowerment coming in to see Anne," she said, adding that when they make an appointment with Koneru they are making a commitment to improve their health. "I think that makes a huge difference," she said of the one-on-one sessions.

Malta House of Care's medical van parks in four locations throughout the Hartford area. Those in need of care are taken on a first-come,

# Get More Out of LIFE

We publish in print and online. All of our publications are available to read for FREE on our website: **TurleyCT.com**

**Your local news & advertising resource!**

Our publications are mailed to every household and many businesses in 13 Greater Hartford towns. Call for ad sizes and rates: **860.651.4700**



540 Hopmeadow Street • Simsbury, CT  
860.651.4700 • [www.turleyct.com](http://www.turleyct.com)

The Silver Dahlia

Glastonbury | West Hartford | Simsbury

We've MOVED!



Our Glastonbury store has a new address!

**41 Hebron Ave.  
Glastonbury, CT**

(directly across the parking lot from our old location in the former Pinwheels space!)

**25% OFF ONE ITEM  
THROUGH 8/31**

Coupon valid at all Silver Dahlia locations. Must present this coupon to receive discount. Offer valid on regular priced merchandise only. Excludes clearance and sale items. Not valid on previous purchases.

**FREE GIFT WRAPPING!**

[www.thesilverdahlia.com](http://www.thesilverdahlia.com)



first-served basis. The van has two fully operational exam rooms. Some medical tests can be conducted on-site. The program has a small paid staff consisting of nurses and doctors, as well as several volunteer doctors, nurses and medical professionals. It serves Connecticut residents who are 18 or older and have no health insurance.

Malta House of Care was founded in 2006 and is funded through donations. It partners with area health agencies such as Hartford and Saint Francis hospitals, and has provided 41,314 services to patients.

There is no telling how many people may show up for treatment when the mobile medical clinic pulls into one of the four churches – The Cathedral of Saint Joseph, St. Peter's Church and St. Augustine's, all in Hartford, and St. Rose's Church in East Hartford – one afternoon each per week. It is not uncommon to have 20 to 25 patients come for care on any given day.

If Caputo recommends a patient set up an appointment with Koneru, they are more likely to do so than if Koneru herself approached them and

offered to help. Many patients know Caputo and trust her judgment.

Initially Koneru was concerned that patients would not be interested in working with a health coach, but they are more open to the idea than she expected.

"There's something therapeutic in being heard," she said.

Koneru said, too, that she views all of her patients as experts on themselves

An appointment typically consists of talking about standard medical care, such as learning what medications they have been prescribed, why and the appropriate way to take them. The discussion will then turn to things such as eating habits or other behavior that may impact health. Koneru will also spend time discussing their illness, which in many cases is a chronic condition, and what its impact is on the body. Finally, Koneru will work on offering suggestions for positive changes.

"It's the follow-up visits, they open up more," Koneru said.

The grant enabled Koneru to purchase materials to help her explain certain conditions. Before



Photo by Alicia B. Smith

**Easy-to-grow herbs include mint, spearmint and peppermint, says Anne Koneru.**

she would have to hand draw arteries to explain what plaque is and why it is bad or what high glucose levels do to arteries. Now she has models she can show patients so they understand better what is going on inside their bodies.

"That really has been amazing to have those tools," Koneru said.

Caputo said the concept of a health coach is catching on and has gained traction in California.

"It's important we make that connection in person," she said.

As she settles into her role, Koneru has begun planning to share some

demonstrations during the van visits and has created informational posters.

Those who do not have health insurance are more likely not to seek medical care from a practitioner, often leading them to hold off important treatments, which could mean they need more care when they finally get help or they end up in the emergency room.

"We know when patients don't have insurance for a period of time, there are health conditions that can be managed with little cost, a few years later the cost grows exponentially," Koneru said. **WHL**

# Be Confident

*in your bikini and in your cosmetic surgeon.*

The Langdon Center is Connecticut's premier body contouring center, with an unparalleled commitment to providing the most advanced and widest array of technologies to give you the best results. With the most extensive selection of minimally and non-invasive procedures to reduce fat & sculpt the body, Yale trained board-certified cosmetic surgeon & dermatologist Dr. Robert Langdon can help you slim down.

## LIPOSUCTION OR ANY BODY CONTOURING PROCEDURE

# ▶ \$500 OFF

- ▶ Cellulaze™ Cellulite Reduction
- ▶ CoolSculpting® Non-invasive Fat Reduction\*
- ▶ LaserLipo Minimally Invasive Fat Reduction\*  
SmartLipo™, ProLipo™ and SlimLipo™
- ▶ Breast Reduction (no scar)

Unretouched Laser Liposuction patient photos



BEFORE

AFTER



AMERICAN BOARD  
OF COSMETIC SURGERY



ACCREDITATION  
ASSOCIATION  
for AMBULATORY HEALTH CARE, INC.

Special promotion valid through 08.31.17, and may not be combined. Must mention this ad to receive special. Individual results vary. Other restrictions may apply. \* On two or more body areas.

# 844.550.7826

THE LANGDON CENTER

LangdonCenter.com  
Guilford





# CRAZY BRUCE'S LIQUORS

## AUGUST SALE 1ST - 31ST

CRAZY BRUCE'S IS OWNED  
AND OPERATED BY  
CONNECTICUT RESIDENTS!

**GIFT CARDS  
AVAILABLE**

### BUDWEISER or BUD LIGHT



**COORS LIGHT**  
30 Pack  
12 oz. Cans  
**\$20<sup>99</sup>**

**FOUNDERS ALL DAY  
or CENTENNIAL**  
15 Pack  
12 oz. Cans  
**\$15<sup>99</sup>**

**NEW BELGIUM  
FAT TIRE ALE**  
12 Pack  
12 oz. Bottles  
**\$14<sup>99</sup>**

**LEINENKUKEL  
SUMMER SHANDY**  
12 Pack  
12 oz. Bottles or Cans  
**\$13<sup>99</sup>**

**BESO DEL SOL  
SANGRIA**  
Red, White or Pink  
500 ml  
**\$4<sup>99</sup>**

**HAMM'S**  
24 12 oz. cans  
**\$9<sup>99</sup>**

**TWISTED TEA**  
12 Pack  
12 oz. Bottles  
**\$12<sup>99</sup>**

**HEINEKEN**  
18 Pack  
12 oz. Bottles  
**\$18<sup>99</sup>**

**STELLA ARTOIS**  
12 Pack  
11.2 oz. Bottles  
**\$13<sup>99</sup>**

**LONG TRAIL**  
12 Pack  
12 oz. Bottles  
**\$12<sup>99</sup>**

**SMIRNOFF  
80 PROOF VODKA**  
1.75 liter  
**\$17<sup>99</sup>**

**TANQUERAY  
GIN**  
1.75 liter  
**\$29<sup>99</sup>**

**MILLER HIGH  
LIFE**  
18 Pack  
12 oz. Bottles  
**\$10<sup>99</sup>**

**JAGERMEISTER**  
750 ml.  
**\$17<sup>99</sup>**

**KONA ALL TYPES**  
12 Pack  
12 oz. Bottles or Cans  
**\$12<sup>99</sup>**

**MIKE'S HARD  
LEMONADE**  
12 Pack  
11.2 oz. Bottles  
Plus, get a \$5 mail-in rebate  
**\$12<sup>99</sup>**

**JACK  
DANIELS**  
1.75 liter  
**\$44<sup>99</sup>**

**WOODBIDGE**  
All Types  
1.5 liter  
**\$12<sup>99</sup>**

**BUSCH OR  
BUSCH LIGHT**  
18 Pack  
12 oz. Bottles or Cans  
**\$9<sup>99</sup>**

**HENRY'S  
HARD SODA**  
6 Pack  
12 oz. Bottles  
**\$8<sup>99</sup>**

**RED HOOK**  
12 Pack  
12 oz. Bottles  
**\$11<sup>99</sup>**

**HARPOON**  
12 Pack  
12 oz. Bottles  
**\$13<sup>99</sup>**

**MAKER'S MARK  
BOURBON**  
1.75 liter  
750 ml.  
**\$59<sup>99</sup>**  
**\$28<sup>99</sup>**

**SAMS ADAMS**  
12 Pack  
12 oz. Bottles  
**\$13<sup>99</sup>**

**VODKA**  
ABSOLUT 80°  
1.75 liter List 46.99 ..... **\$29.99**  
750 ml. List 25.99 ..... **\$19.99**  
ABSOLUT ELYX  
750 ml. List 49.99 ..... **\$29.99**  
BEVEDERE  
1.75 liter List 59.99 ..... **\$44.99**  
750 ml. List 35.99 ..... **\$28.99**  
CIROC  
750 ml. List 37.99 ..... **\$26.99**  
SMIRNOFF  
80 proof  
1.75 liter List 28.99 ..... **\$17.99**  
POPOV  
1.75 liter List 20.99 ..... **\$15.99**  
TITOS  
1.75 liter List 37.99 ..... **\$29.99**  
THREE OLIVES  
1.75 liter List 35.99 ..... **\$21.99**  
SKYY  
80 proof  
1.75 liter List 36.99 ..... **\$22.99**  
SVEKKA  
1.75 liter List 29.99 ..... **\$19.99**  
GREY GOOSE  
1.75 liter List 72.99 ..... **\$49.99**  
750 ml. List 39.99 ..... **\$26.99**  
NEW AMSTERDAM  
1.75 liter List 29.99 ..... **\$19.99**  
PINNACLE  
Regular or Whipped Cream  
1.75 liter List 27.99 ..... **\$19.99**  
KETEL ONE  
1.75 liter List 55.99 ..... **\$39.99**  
750 ml. List 31.99 ..... **\$19.99**  
SOBIESKI  
1.75 liter List 29.99 ..... **\$19.99**  
STOLICHNAYA  
80 proof or Flavors  
1.75 liter List 44.99 ..... **\$29.99**  
750 ml. List 27.99 ..... **\$19.99**  
TAAKA or BOWMAN'S  
1.75 liter List 15.99 ..... **\$10.99**  
STOLICHNAYA CRUSHED  
Pineapple or Ruby Grapefruit  
750 ml List 17.99 ..... **\$14.99**  
EXCLUSIV  
1.75 liter List 24.99 ..... **\$19.99**

**SCOTCH**  
ABERLOUR 12 YEAR OLD  
750 ml. List 53.99 ..... **\$45.99**  
JOHNNIE WALKER BLUE  
750 ml. List 260.99 ..... **\$203.99**  
OBAN LITTLE BAY  
750 ml. List 88.99 ..... **\$39.99**  
JOHNNIE WALKER BLACK  
1.75 liter List 85.99 ..... **\$59.99**  
750 ml. List 44.99 ..... **\$29.99**  
JOHNNIE WALKER RED  
1.75 liter List 47.99 ..... **\$36.99**  
CHIVAS REGAL 12 YEAR OLD  
1.75 liter List 72.99 ..... **\$58.99**  
750 ml. List 37.99 ..... **\$29.99**  
DEWAR'S WHITE LABEL  
1.75 liter List 51.99 ..... **\$35.99**  
BALLANTINE'S  
1.75 liter List 34.99 ..... **\$29.99**  
OBAN 14 YEAR OLD  
750 ml. List 88.99 ..... **\$62.99**  
BALVENIE 12 YEAR OLD  
750 ml. List 66.99 ..... **\$49.99**  
MACALLAN 12 YEAR OLD  
750 ml. List 61.99 ..... **\$49.99**  
LAGAVULIN 16 YEAR OLD  
750 ml. List 108.99 ..... **\$75.99**  
GLENLIVET 12 YEAR OLD  
1.75 liter List 102.99 ..... **\$79.99**  
750 ml. List 50.99 ..... **\$40.99**  
GLENLIVET 18 YEAR OLD  
750 ml. List 115.99 ..... **\$99.99**  
GLENLIVET 15 YEAR OLD  
750 ml. List 76.99 ..... **\$64.99**  
FRENCH OAK  
750 ml. List 99.99 ..... **\$84.99**  
GLENMORANGIE 10 YEAR OLD  
750 ml. List 47.99 ..... **\$36.99**  
BRADEN ORACH  
750 ml. List 24.99 ..... **\$19.99**  
LAPHROAIG 10 YEAR OLD  
750 ml. List 53.99 ..... **\$40.99**  
GLENFIDDICH 12 YEAR OLD  
750 ml. List 53.99 ..... **\$39.99**  
GRANTS  
1.75 Liter List 35.99 ..... **\$27.99**

**SMIRNOFF  
SPARKLING SELTZER**  
12 Pack  
11.2 oz. Cans  
Plus, get a \$9.00 mail in rebate!  
**\$11<sup>99</sup>**

**SMIRNOFF ICE**  
12 Pack  
11.2 oz. Bottles  
**\$11<sup>99</sup>**

**BOURBON &  
WHISKEY**  
WILD TURKEY 81 PROOF  
1.75 liter List 47.99 ..... **\$33.99**  
750 ml. List 25.99 ..... **\$18.99**  
JACK DANIELS  
1.75 liter List 54.99 ..... **\$44.99**  
750 ml. List 31.99 ..... **\$24.99**  
JIM BEAM  
1.75 liter List 40.99 ..... **\$32.99**  
750 ml. List 25.99 ..... **\$19.99**  
MAKER'S MARK  
1.75 liter List 74.99 ..... **\$59.99**  
750 ml. List 37.99 ..... **\$28.99**  
BULLEIT  
Bourbon or Rye  
750 ml. List 36.99 ..... **\$27.99**  
KNOB CREEK  
750 ml. List 42.99 ..... **\$33.99**  
SEAGRAMS 7  
1.75 liter List 26.99 ..... **\$21.99**  
SEAGRAMS VO  
1.75 liter List 31.99 ..... **\$24.99**  
CANADIAN CLUB  
1.75 liter List 28.99 ..... **\$21.99**  
CROWN ROYAL  
1.75 liter List 58.99 ..... **\$42.99**  
750 ml. List 32.99 ..... **\$24.99**  
JAMESON IRISH  
1.75 liter List 59.99 ..... **\$49.99**  
750 ml. List 37.99 ..... **\$29.99**  
BLACK VELVET  
1.75 liter List 21.99 ..... **\$15.99**  
FLEISCHMANN PREFERRED  
1.75 liter List 22.99 ..... **\$17.99**  
SOUTHERN COMFORT 70 Proof  
1.75 liter List 34.99 ..... **\$26.99**  
FIREBALL  
1.75 liter List 35.99 ..... **\$29.99**  
750 ml. List 16.99 ..... **\$14.99**

**MICHELOB  
ULTRA**  
20 Pack  
12 oz. Bottles  
**\$13<sup>99</sup>**

**CUERVO  
MARGARITA MIX**  
1.75 liter  
**\$4<sup>99</sup>**

**SEAGRAMS  
ESCAPES COOLERS**  
**\$1<sup>00</sup>**  
Each

**TRULY SELTZERS  
VARIETY PACK**  
12 Pack  
12 oz. Cans  
**\$12<sup>99</sup>**

**DOS EQUIS XX**  
12 Pack  
12 oz. Bottles  
**\$12<sup>99</sup>**

**TEQUILA**  
OLMECA ALTOS  
PLATA or REPOSADO  
1.75 liter List 49.99 ..... **\$39.99**  
750 ml. List 29.99 ..... **\$23.99**  
375 ml. List 13.99 ..... **\$11.99**  
AVION SILVER  
750 ml. List 49.99 ..... **\$29.99**  
JOSE CUERVO  
GOLD or SILVER  
1.75 liter List 45.99 ..... **\$35.99**  
750 ml. List 25.99 ..... **\$19.99**  
Plus, get a free Margarita Mix  
PATRON  
SILVER  
750 ml. List 51.99 ..... **\$39.99**  
ESPOLON  
SILVER or REPOSADO  
750 ml. List 29.99 ..... **\$21.99**  
DON JULIO SILVER  
1.75 liter List 88.99 ..... **\$59.99**  
750 ml. List 51.99 ..... **\$39.99**

**BEEFEATER  
GIN**  
1.75 liter  
**\$29<sup>99</sup>**

**DAILY  
COCKTAIL POUCHES**  
**\$1<sup>99</sup>**

**BACARDI RUM**  
LIGHT, GOLD  
AND LIMON  
1.75 liter  
**\$23<sup>99</sup>**

**MALIBU RUM**  
1.75 liter  
Plus get a free  
46 oz. Dole  
Pineapple juice  
**\$24<sup>99</sup>**

**BAILEY'S IRISH  
CREAM**  
1.75 liter  
**\$39<sup>99</sup>**

**FIREBALL  
CINNAMON  
WHISKEY**  
750 ml.  
**\$14<sup>99</sup>**

### RUM

BACARDI Light, Gold or Limon	1.75 liter List 31.99 ..... <b>\$23.99</b>
MALIBU Original Coconut	1.75 liter List 34.99 ..... <b>\$24.99</b>
750 ml. List 22.99 ..... <b>\$14.99</b>	
CAPTAIN MORGAN Original Spiced	1.75 liter List 39.99 ..... <b>\$26.99</b>
750 ml. List 25.99 ..... <b>\$13.99</b>	
CAPTAIN MORGAN Caribbean White	1.75 liter List 24.99 ..... <b>\$19.99</b>
750 ml. List 12.99 ..... <b>\$9.99</b>	
DON Q CRISTAL	1.75 liter List 27.99 ..... <b>\$19.99</b>
MOUNT GAY RUM Eclipse Amber	1.75 liter List 43.99 ..... <b>\$34.99</b>
750 ml. List 21.99 ..... <b>\$18.99</b>	
GOSLINGS Black Seal	1.75 liter List 40.99 ..... <b>\$29.99</b>
750 ml. List 24.99 ..... <b>\$18.99</b>	
CALICO JACK	1.75 liter List 24.99 ..... <b>\$20.99</b>
SAILOR JERRY SPICED RUM	1.75 liter List 40.99 ..... <b>\$29.99</b>
750 ml. List 29.99 ..... <b>\$19.99</b>	

### GIN

HENDRICKS	1.75 liter List 92.99 ..... <b>\$69.99</b>
750 ml. List 44.99 ..... <b>\$34.99</b>	
BEEFEATER	1.75 liter List 43.99 ..... <b>\$29.99</b>
750 ml. List 25.99 ..... <b>\$19.99</b>	
BOMBAY SAPPHIRE	1.75 liter List 53.99 ..... <b>\$34.99</b>
750 ml. List 32.99 ..... <b>\$24.99</b>	
TANQUERAY	1.75 liter List 44.99 ..... <b>\$29.99</b>
750 ml. List 27.99 ..... <b>\$21.99</b>	
SEAGRAMS	1.75 liter List 26.99 ..... <b>\$19.99</b>
750 ml. List 16.99 ..... <b>\$12.99</b>	
GORDONS	1.75 liter List 26.99 ..... <b>\$19.99</b>
GILBEYS	1.75 liter List 24.99 ..... <b>\$19.99</b>
NEW AMSTERDAM	1.75 liter List 25.99 ..... <b>\$19.99</b>

### CORONA

**REGULAR OR LIGHT**  
24 Pack  
12 oz. Bottles  
**\$24<sup>99</sup>**

### BUDWEISER, BUD LIGHT OR BUD LIGHT LIME

**Budweiser**  
30 Pack  
12 oz. Cans  
**\$20<sup>99</sup>**

### YUENGLING

**LAGER, LIGHT OR  
BLACK AND TAN**  
12 Pack  
12 oz. Bottles or Cans  
**\$9<sup>99</sup>**

**GOOSE ISLAND  
OR BLUE POINT**  
12 Pack  
12 oz. Bottles  
**\$13<sup>99</sup>**

**YELLOW  
TAIL WINES**  
1.5 liter  
**\$11<sup>99</sup>**

**CRANE LAKE**  
CHARDONNAY, CABERNET,  
RED BLEND or MOSCATO  
750 ml.  
**\$3<sup>99</sup>**

# CRAZY BRUCE'S LIQUORS

STOP 'N' SHOP PLAZA, ELMWOOD, WEST HARTFORD TEL: 860-233-2117 • SHOP-RITE PLAZA, ROUTE 6, BRISTOL TEL. 860-582-4523

OPEN: MONDAY-SATURDAY 8:00 A.M. - 8:00 P.M.  
SUNDAY 10:00 A.M. - 5:00 P.M.

We will match any advertised Connecticut legal price of alcoholic beverages for the current month. The customer must bring in the advertisement. Not responsible for typographical errors.



**SALE PRICES  
EFFECTIVE  
Tuesday,  
August 1st thru  
Thursday,  
August 31st**



# LIFE

## *in the kitchen at Cook and The Bear*

by Lynn Woike  
Editor

Photo by Lynn Woike

Ed Jones and Tyler Anderson have a large kitchen. More than 75 percent of the equipment is wood fired.

**T** Tyler Anderson's New England-inspired fine dining cuisine featured at Millwright's Restaurant in Simsbury and award-winning pit barbecue by Jamie McDonald come together at Cook and The Bear, which opened in Blue Back Square where The Counter had been.

Their collaboration has been fine tuned Monday nights at Millwrights where the menu was a pop-up for the past year while setbacks delayed the restaurant from opening.

The menu is creative, and even healthy if you want it to be.

"I would say 75 percent of our menu is gluten free and 50 percent of our menu is vegetarian. It's not what you would expect," Anderson said, noting, "You can come and you can eat protein and vegetables; they'll be served fresh."

You can also be sinful if you choose.

"You can have all the brisket, and macaroni and cheese you want, and biscuits," he said.

What you can't get is what most barbecue places serve – scoop-and-serve food that's been sitting on a steam table, ready to go.

"Here we're cooking everything back there fresh," Anderson said. "More than 75 percent of our kitchen equipment is wood fired, so we'll be cooking over wood and charcoal – really imparting those flavors into not only meats but vegetables, too."

The head bartender is from L.A. and is one of the best in the country, Anderson said. "You're going to see a lot of fun, inventive drinks – both alcoholic and nonalcoholic. There's a big health component here, believe it or not."

There will be fresh juices and vegetable-based cocktails that come both with and without alcohol.

The corner spot at 50 Memorial Road, with windows on two sides, has been given the feeling of a picnic thanks to such details as a red-and-white tablecloth pattern on the walls, stacks of wood and a garage door that when open lets the outside in.

It's casual and fun.

Anderson and McDonald are co-owners. Not wanting to be the chef of several restaurants, they hired Ed Jones to be the executive chef. They'd met while participating in area events and hit it off.

"We're doing casual food, but it's chef-driven," Anderson said. "We wanted to find someone with a good skill set to run the kitchen."

"When Tyler approached me about working with him at the Cook and The Bear, I was at a point where I was feeling like I needed a change after being chef at Firebox. I was at a point where I needed a break, to take a step back and reset," Jones said. "When you're in a position of chef rather than cook, and you get to make the choices about the cuisine, you really find out what you're most interested in doing. What you like to do, not just what you've learned from

working for other chefs. I found out that I like taking all of the fine dining techniques I had learned, and putting them into food that was much more accessible to guests.

"So a casual concept, especially working with Tyler, a smoker, wood fire, charcoal – all of that – really, really appeals to me, so I can have the best of both worlds. It's a menu and a cuisine that feels a lot more comfortable to me than doing fine dining."

A former graphic designer, Jones moved here to be closer to family. The only job he could get was as a chef at Ann Howard Apricots. For six months, he said, he hated cooking, but once he stopped fighting it, "it ended up being something I didn't even know I wanted to do or would enjoy."

Anderson added, "We didn't all start cooking because we wanted to. We started cooking because it was a job and we needed money."

"Many of us start by not liking the job," Jones said.

"It's the worst and the best job in the world," Anderson said.

Chefs have a strong desire to please customers.

"We're taking the techniques and the products and the attention to detail that we use at Millwrights," but then making it more accessible to everyone, Anderson explained. "We're creating a casual restaurant here that we want to appeal to the greatest amount of people. We wanted a very fun restaurant."

"At the end of the day, we want people to come here and have fun,"

**"I would say  
75 percent of our  
menu is gluten  
free and  
50 percent of  
our menu is  
vegetarian.  
It's not what you  
would expect."**

**-Tyler Anderson**

Jones said.

Anderson said, "I feel like a lot of barbecue restaurants, traditionally, appeal to males because it used to be that animal fats were bad, so men would go and just get this huge, heaping plate of barbecue and that's amazing and delicious, but we wanted to make a barbecue restaurant that appealed to everyone."

Among the items on the barbecue-inspired menu are pulled Berkshire pork, pastrami tacos with pineapple mustard, St. Louis spare-ribs and a "Rodeo" burger with cheesy barbecue sauce.

Talking about his love for food, Anderson recalled, "When I fell in love with food is when I ate at a restaurant called the French Laundry in 1999 in Napa Valley and Thomas Keller was cooking there. I was a cook at the time, but I wasn't in love with food yet. My aunt took



me and I fell in love with it then. That's when I realized food could take you to another place; food could change your emotion and make you happy; and I think those of us who are in this industry, we kind of live to make people happy. So the ability to do a craft that makes people happy was what made me fall in love with food.

"The quintessential dish that I ate that day was a dish called Oysters and Pearls, which is Thomas Keller's signature dish which completely changed my mind about how I looked at being a cook. ... That one dish is what made me realize that this is what I want to do for the rest of my life."

Jones described large family gatherings in the small home of his Italian grandmother who made big meals of antipasti and braciole.

"That was always memorable. The food was always good and I always loved food. It was more about the community and the entertainment and the gathering for me."

A meal he called a mind blowing was the first time he ate at WD-50, an avant garde experimental restau-

**"At the end of the day, we want people to come here and have fun."**

**-Ed Jones**

rant in New York City that The New York Times called "one of the most influential restaurants in the world."

"The chef did things that nobody had ever seen before," Jones said, adding, "For the most part, I like places like this. I like cheesesteak and hoagies and hot dogs and mom-and-pop places that do it really well."

While the restaurant will be family friendly, it's large bar area and cocktail program will cater to the late-night crowd that gathers in the Center.

In addition to lunch and dinner, Sunday brunch will also be served.

"When you have great biscuits and brisket, you put an egg on top of that with some hollandaise and you've got the best eggs benedict ever," Anderson said. **WHL**



Shelves displaying jars of vegetables and tableware line the wall to the kitchen.

**SUMMER CLEARANCE**  
**Up to 70% OFF**

Seasonal Selections for Men's, Women's, and Children's  
Shoes, Sandals, Handbags, Jewelry and More!!

\*Some exclusions apply

**TAKE \$5 OFF**  
Any Sale Priced  
Kid's Sandals

Expires 8/31/17. One coupon per family per visit.  
Not combinable with other sales, offers, coupons or vouchers.  
Prior sales excluded. Some exclusions apply.

**TAKE \$10 OFF**  
Any Men's or Women's Sandals  
sale-priced \$50 or more.

Expires 8/31/17. One coupon per family per visit.  
Not combinable with other sales, offers, coupons or vouchers.  
Prior sales excluded. Some exclusions apply.

**FOOTPRINTS**  
*Shoes & Accessories*

**79 COSTELLO ROAD, NEWINGTON • (860) 666-3100**  
**MON.-SAT. 9:30-5:45 • THURS. NIGHT TO 8:45 • SUN. 10:00-5:00**

**NOW OPEN SUNDAYS**

**GRISWOLD STREET ANTIQUES**

**RING Diamonds & Emeralds \$775**

**WEATHER VANE \$150**  
folk art - wood

**SKIER BONZE BY KELSEY \$295**

**1950's PICNIC GLASSES \$42**

**ANTIQUES BOUGHT & SOLD**

119 Griswold St, Glastonbury, CT    860.657.2885    W-Sat 11-5 Sun 12-5



## Co-owner and Executive Chef Tyler Anderson answered some questions offering more insight on his personality and know-how.



### Q: What's your "secret weapon" ingredient?

A: Lemon juice. I use lemon juice in 80 percent of the things I cook.

### Q: What's your least favorite food?

A: Sea urchin roe – it's very popular; chefs love it; they use it all the time, but I think it's gross and overrated.

### Q: What is the one cooking technique that everyone should know how to do?

A: To properly season, to use enough salt. I think home cooks a lot of times get scared of using salt, and then they go to a restaurant and go, "Wow, the restaurant food is so good." It's because we use more salt than you do.

### Q: If you could take any celebrity chef out to dinner, who would it be and where would you take them?

A: I would take Emeril Lagasse to Millwrights because he was one of my inspirations for becoming a chef, and he's an awesome guy.

### Q: What is your favorite cookbook?

A: "The French Laundry Cookbook." It was an inspiration.

### Q: What herb or spice best describes your personality?

A: Cilantro, because most people like me, but those who don't really don't.

### Q: If you weren't a chef, what profession would you be in?

A: I'd be a farmer.

### Q: What's your "go to" staple dish?

A: I don't have one. It's all over the place.

### Q: What do you like to cook when having guests to your home?

A: Same [as Ed Jones' answer].

### Q: It's your last meal on earth. What's on your plate?

A: Mine would be dinner at Blue Hill at Stone Barns with my fiancé, because it would be really long and drawn out, like five hours long.

## Executive Chef Ed Jones answered some questions offering more insight on his personality and know-how.



### Q: What's your "secret weapon" ingredient?

A: I do keep a list called The Arsenal – stuff that can elevate a dish. Making a little cocoa dirt, certain spice mixtures, stuff like that, that I have already to go.

### Q: What's your least favorite food?

A: Sea urchin: it doesn't taste good.

### Q: What is the one cooking technique that everyone should know how to do?

A: How to Maillard a piece of meat – how to cook a piece of meat in a pan correctly.

### Q: If you could take any celebrity chef out to dinner, who would it be and where would you take them?

A: I would like to spend time with Francis Mallman. Especially since we're cooking with fire here at C&B. For me, he's always appealed to the romantic side of cooking: wine, fire and food. I would let him choose where we went or maybe just have him teach me how he would build a fire – then cook together.

### Q: What is your favorite cookbook?

A: The two I'm referencing the most recently are "Franklin Barbecue" and "Praise the Lard." For the most part though, what I do reference and have referenced for a long time is a bunch of really, crappy "Roadside America" pamphlet cookbooks. Like Amish and German recipes from Pennsylvania. I read a lot of those recipes as they have sentimental value to me.

### Q: If you weren't a chef, what profession would you be in?

A: Graphic design, painting or silk screening. It was the first thing I studied. My dad was also a newspaper man so I like it a lot and if I had gotten into it at the same age I got into cooking – when I was a much more responsible person – I probably would still be doing it.

### Q: What do you like to cook when having guests to your home?

A: A piece of meat over fire with some vegetables and either chimichurri or romesco.

### Q: It's your last meal on earth. What's on your plate?

A: I would have what I said I would cook for guests or an Italian hoagie, chips and an Arnold Palmer – with my fiancé, on a TV tray, probably watching reruns of "The Office."



# Story told with satire

Local author reacts to election results with a book

by Alicia B. Smith  
Associate Editor

**K**atherine Coughlin always wrote poems for fun. One night in particular she was inspired to write one.

"That night, holding my baby in my arms, I was feeling sad," she said.

That night was November 8, 2016, Election Day.

As the results came in, Coughlin was surprised, expecting a different outcome.

For the early results, Coughlin said she sat in her home, holding her daughter, who was wearing a white pantsuit, similar to the ones worn by presidential candidate, and the first female candidate for a major party, Hilary Clinton. Her daughter was adorned with the "I Voted" sticker her mother had received after casting her ballot earlier that day.

Coughlin went to bed before the final results were in and learned the actual results when she got up at 2 a.m. to feed her daughter, who was 3 ½ months

old at the time. In her mind began to swirl a number of ideas and phrases, and soon she began to focus on the thought she may have a children's book. What came out of all her thoughts was "Once Upon a Time When America Was Great."

The story is one for adults and children, sharing a message of hope. It ends with, "For kindness, acceptance, and love always trump hate. And here in America it is never too late to make this place great."

Coughlin first sold the book at her booth at the Made in Connecticut Expo held this spring in Farmington. The book drew an audience of curious people, many who did not agree with her book's sentiment, but did agree that she had the right to her thoughts and that the message was important regardless of political leanings. (The book's Trump-like character is described as "a big orange beast, whose thoughts and ideas, were mean to say the least.")

She said she sold 50 books at the expo to those "on both sides of the aisle."



Katherine Coughlin was inspired to write a satirical book following the 2016 election, which was illustrated by her newest friend Randall Bessette.

Photo by Alicia B. Smith

READ  
**LIFE**  
ONLINE AT  
[www.TurleyCT.com](http://www.TurleyCT.com)  
**TurleyCT**  
COMMUNITY PUBLICATIONS

Best Burrito  
THIRD PLACE  
ADVOCATE  
★ BEST ★  
OF  
HARTFORD  
READERS' POLL  
2013  
Like us on

**10% OFF**  
Your check of \$50 or more  
Dine-in only. Exp 8/30/17  
**Coyote Flaco**  
  
**FREE DELIVERY**  
860.953.1299  
635 New Britain Ave, Hartford, CT  
[coyoteflacohartford.com](http://coyoteflacohartford.com)

**ANIMAL EMERGENCY HOSPITAL of CENTRAL CT**  
"Family Owned, Family Operated, Family Values."  
- Dr. Jason Haviar  
**10 WARNING SIGNS YOUR PET NEEDS IMMEDIATE CARE!**  
1. Breathing difficulties  
2. Serious bleeding  
3. Major trauma  
4. Lacerations/bite wounds  
5. Collapse/loss of consciousness  
6. Poisoning  
7. Prolonged vomiting/diarrhea  
8. Infections  
9. Difficulty urinating/defecating  
10. Eye redness/tearing or spasms  
Mon-Thurs: 5:30 pm - 8:00 am • Fri 5:30 pm - Mon 8:00 am  
**24 hours on Major Holidays**  
588 Cromwell Ave • Rocky Hill  
860.563.4447  
[www.animalemergencyct.net](http://www.animalemergencyct.net)



Coughlin's illustrator, Randall Bessette, is a friend of her husband.

"It was a therapeutic process for both of us," Coughlin said of putting the book together.

The book was a process that "came together with imagery of darkness and light," Coughlin said.

"The thing that hit me the most was the feeling of powerlessness. Not having something to do about it is unacceptable," Bessette said. "This may not sway anyone, it is my art expressing my opinion."

This is Coughlin's first book. She self-published it using CreateSpace and it became real to her when she received the first batch of glossy books.

She also appreciated meeting readers in person.

"It was really neat to see it as a tangible thing," Bessette said, adding that putting the illustrations together was a lot of work.

"It is a polarizing issue," Coughlin said. "It was interesting talking from both sides."

Bessette said the experience was interesting for him as well, recalling one man, a veteran, who walked over to their booth and said the way the

president was depicted was "offensive," however, he told Bessette "I like the way you are expressing your art" and that the book made him feel patriotic.

Coughlin said the experience made her realize that despite the differing of opinions, "it's nice to remember people can still be civil," she said.

The book was written and illustrated in the immediate aftermath of the election as she went through a series of emotional peaks and crashes

**"I think this is a book for all ages, but it's in a children's style."**

**—Katherine Coughlin**

while working on her story.

Bessette said his challenge was keeping up with the ever-changing news cycle. For example, there was a time when then President Trump advisor Rudy Giuliani was being considered for a post in the new administration, and that quickly changed.

"I think this is a book for all ages, but it's in a children's style," Coughlin said.

What she has observed in the last several months is that the election inspired more younger individuals to pay more attention to politics.

"They are thinking of their future and how they can get involved," Coughlin said.

"The world will, ultimately, be a better place because of it, I am hopeful," for the future, she said.

Part of her hopefulness is because recent events will be an inspiration for more people to get out and vote.

"I always voted," she said. "I turned 18 on a presidential election year, I remember staying up" for the

results, she said.

That was 2000, the "hanging chad" year.

Following the 2016 election, Coughlin said she was inspired to do more than just vote and started making calls to legislative representatives. She said she also recognized the importance of voting in local elections, not just national ones.

"Protesting has its value," she said. "You can do more work locally."

Bessette, too, has been voting each year he has been eligible and has con-

tinued to have conversations with anyone including getting into arguments with those who voted for the Green Party candidate.

"The primary was so crazy," Bessette said.

An art teacher who lives in Holyoke, Massachusetts, he has noticed his students talking about current events more. The book, he said, can be a way to teach the important lesson of learning right from wrong.

His daughter, who was 11 at the time, was devastated by the election results. The next day she went to school with teardrops drawn on her face and the word "why" written on her cheek.

"There was no good way to explain this to her," Bessette said.

"The upside, my daughter is really interested in feminism."

Coughlin grew up in Storrs and attended the University of Connecticut, earning a degree in mechanical engineering. She moved to West Hartford following graduation.

While she has always written poems throughout her life, Coughlin said she was not a big reader until recently and has begun to share the pleasure of reading with her daughter. **WHL**



**ONE MAN WITH A TRUCK**

**LOCAL LANDSCAPER FOR THE GREATER HARTFORD AREA.**

**SERVICES**

- Mulching
- Hedge Trimming
- Fertilization & Weed Control
- Mowing Service
- Garden Services
- Spring/Fall Cleanups

**Contact us for a FREE QUOTE!!**

**ASK ABOUT OUR SPRING SPECIALS!!**  
860-519-3203 • 860-840-2607  
Visit us at [OMWAT.COM](http://OMWAT.COM)



**TurleyCT**  
COMMUNITY PUBLICATIONS

**PRESS**  
AVON • BURLINGTON • CANTON • FARMINGTON  
GRANBY • SIMSBURY • WEST HARTFORD

**LIFE**  
"Award winning publications serving your community"  
Valley  
West Hartford  
Glastonbury  
Wethersfield  
Rocky Hill  
Newington

**To Advertise: 860.651.4700**  
**[www.turleyct.com](http://www.turleyct.com)**



# Growing friendships

13 community gardeners with year-round plots bond while tending their spaces

by Lynn Woike  
Editor

Photo by Lisa Brisson



Master gardener Steve Kovack Jr. and Karin Peterson are busy growing all sorts of tasty vegetables and fruits in their year-round Buena Vista Gardens community plots on Cornerstone Drive.

Steve Kovack Jr. is a master gardener, a farmer and the individual the other gardeners in the year-round portion of the Buena Vista Gardens turn to for everything from tips to tools.

"I have three green thumbs," he said.

"Gardening can take place all four seasons," Kovack said.

Several years ago, he and about half a dozen other gardeners who felt the same way petitioned the town to be allowed to access their space all 12 months.

"We all knew each other and we all wanted a year-round garden. We were petitioning for two years," he said.

Doug Jackson, Westmoor Park naturalist, granted the request, designating one end of the rectangular space on Cornerstone Drive to remain undisturbed by the town, which rototills the three community gardens and stakes out plots every spring.

"They approached me with a variety of benefits," he said.

Among them were an extended

growing period and the ability to plant berries, asparagus, spring bulbs, herbs and perennials. The gardeners agreed to maintain the area themselves.

Praising their sense of cooperation, Jackson agreed that a tighter community could be formed as this group shared their knowledge and resources.

Among the 13 gardeners are a retired restaurateur, an archeologist, a fitness professional, salespersons and a chef.

Many had gardened together for years before choosing to be in the year-round section that is enclosed by a seven-foot tall heavy-duty deer fence they financed, and Kovack and Helmut Goetz installed. Before it went up, most gardeners put up fencing around their individual plots that they then had to remove every fall.

Kovack mows the paths and puts out buckets to collect the stones people dig out of the dirt. He will rototill plots at gardeners' request.

Those who wanted raised beds can have them, and trellises and other garden decorations can stay up year-round.

"We have to keep it clean and neat looking," he said.

The fenced area was enlarged once, doubling the space to include nine more plots. Although gardeners on the other side have asked to have it further extended, Kovack said he's not prepared to take on the job.

He estimated that he spends 20 hours a week in the garden. It's his place to relax as well as socialize. The back of his van – which he no longer parks on the road because of the damage golf balls have done to vehicles – contains "every tool imaginable" that he graciously lends.

Everyone shares a 100-foot hose. "There are a lot of people now growing perennials," Kovack said.

In the plots he tends, he's planted raspberries, strawberries, lavender, asparagus, iris and golden alyssum. He grows winter rye to cover and replenish the soil.

"I grow everything from seeds," said Kovack, who was raised on a farm in Pennsylvania and tended a garden about the size of the entire community garden space. "I experiment all the time with my seeds. I try to do something different all the time. I grow everything from

standard vegetables to unusual flowers ... [and] a lot of Chinese vegetables."

Eggplant, however, will not grow in the sandy, loamy soil.

Along with flowers and berries, a sense of community grew strong once the fence enclosed the area.

"Andy [Barra] was very adamant about making this a real community garden, which is what they should have," Kovack said.

Together they came up with the idea for a seating area.

"One of the people within this fenced area generously rented a plot that was not claimed and asked me to flip, which I did, so the extra plot is right in the middle of the first row and that has become our party pavilion," said Karin Peterson, who serves as a secretary for the group, dispersing information to everyone as needed.

It instantly became the focal point and a gathering spot. There's a table and many chairs that are often occupied and a small grill that's rarely used. You will see gardeners sitting there sipping a beverage, chatting with other gardeners or reading.

"I live in a condo. Because I have





The year-round community garden is alive and well and growing each day at Buena Vista Gardens



Helmut Goetz and Karin Peterson hunt for raspberries together.

no yard, I can go over there, take coffee, paper and book and I will sit for an hour after I work in my garden. ... I'll also do it in the evening. It really enriches my life," Peterson said. "I just go because I like to get dirty. I used to work as an archeologist and I love fresh tomatoes. Planting, pulling weeds, it's all Zen. It's so relaxing. It's meditative."

Grateful for all Kovack does, she said, "Steve is there the most. He acts as a resource for all of us. He's the common thread."

Kovack would like to see more people gardening and more community gardens in town.

"Every community garden should have a gazebo, a place to sit, a place to rest. Yes. This way here,

we share our knowledge, we share our company, we share our food and that's what community gardens are supposed to be," he said. "It might be raining; you don't want to leave the garden yet; you sit down here and think about things until the rain stops. You just sit here and think about things."

He said members of the group share their philosophy on life and talk about many different things.

"Lately it's been a lot of politics," he added, calling everyone progressive.

To celebrate the first year of the gazebo, Peterson organized an old-fashioned harvest festival with a potluck dinner after Labor Day. It was so successful, she organized a

second one.

"That was so popular now we're doing a second one in the spring," she said.

"I look forward to our two seasonal get-togethers in the gazebo," said Beany Tierney who has been gardening for nine years.

"We have become a real community and I always tell everyone that my garden is my happy place and the friends I garden along side of are a big part of the happy," said Karen Hartford, who has been gardening at Buena Vista for the last 15 years.

"I have always been interested in the no-till method of gardening and was thrilled when the opportunity came along to be a part of the

group that is now able to garden that way. I am now able to grow many herbs that winter over as well as garlic which you plant in the fall, and berries, too," she said.

"Having the fence enclosing our end of the garden and the gazebo has really made our garden area seem like an oasis. Because each individual garden is not enclosed it makes for easy communication with your neighbors. We all compare notes about our gardens, are interested in learning about what each other is planting and always go to Steve for our questions about growing our plants."

"The year-round section allows me to wait to harvest some of my produce until December," said

## Exceptional Family Dentistry

"Let us take care of your dental needs and those of your entire family. We'll take the time to listen. Our office is conveniently located in Elmwood Center with free parking." – Dr. Rick

**Dr. Rick Liftig**  
Dentist

10 Princeton St. West Hartford  
860-232-8466 [www.driftig.com](http://www.driftig.com)



**Lord Edwards**  
Grooming Room

Where your pets are treated like royalty!

All breeds & cats professionally groomed

**Grooming 10% off**

New customers only. Some restrictions

191 Day St. Newington / W.H. Line • 860-953-1555

**Only 1 mile south of New Park Ave.**

(near Cashway Lumber, 1 block south of W. Hartford) Safe, ample parking

**Dog Days**  
of West Hartford

WHERE DOGS PLAY, INSIDE AND OUT.

Follow us on:



**Professional Pet Sitting and Exercise Service**

**Tired of Rushing Home to Walk the Dog?**

Try one of our pet services today!

- Dog Walking
- Professional Pet Sitting

**[www.dogdaysct.com](http://www.dogdaysct.com)**

Bob Duncan, Owner  
[bob@dogdaysct.com](mailto:bob@dogdaysct.com)  
860.982.9323

Proudly serving West Hartford since 2002



Bonded & Insured





Friends who garden together at the Buena Vista Gardens include Steve Kovack, Jr., Karin Peterson, Beanie Tierney, Barbara Riihimaki, Helmut Goetz, Kathy Janis, Zena Kovack and Elizabeth Pezda.



Beanie Tierney has her own portion of the community garden marked with a personalized sign.

Photos by Lisa Brisson

Barbara Riihimaki. "For example, the last two years, I was able to grow a fall crop of arugula and lettuce, and picked carrots and beets close to January 1 when a hard frost was predicted."

She said, "Having a garden requires constant maintenance to get the best results, but the taste of fresh produce cannot be beat. If you have freezer space, preserving your homegrown produce is a wonderful way to experience healthy food throughout the year."

Some gardeners, she added, donate extra produce to food pantries and soup kitchens in Hartford.

Not having enough space to garden where she lives to draw

Elizabeth Pezda to the Buena Vista Community Gardens.

"In the short two seasons at the gardens, I have met many wonderful people – seasoned gardeners and beginners like me. In my experience, the community gardens bring together many like-minded people who love nature and who are very willing to share their gardening knowledge and experiences, occasionally seeds, and at times a friendly ear to a totally unrelated gardening topic," she said.

"People know who's here," Kovack said, adding that gardeners watch out for one another and report anything suspicious to the police.

If a space look untended, other

gardeners offer to help. Last year when Kovack had back surgery, others weeded his garden.

"Gardeners all have different perspectives on what and where they plant in their plots. I learn a great deal from other gardeners and many a great recipe has been passed along to me," said Kathy Janis, who continued to cultivate the plot her late husband began 20 years ago.

She is a member of the West Hartford Garden Club – along with Kovack who is the only male member.

"Our community garden will be one of the gardens that will be showcased June 16, 2018 as part of the West Hartford Garden Club garden tour," Janis said. **WHL**

**"In my experience, the community gardens bring together many like-minded people who love nature and who are very willing to share their gardening knowledge and experiences."**

**– Elizabeth Pezda**

READ  
**LIFE**  
ONLINE AT  
[www.TurleyCT.com](http://www.TurleyCT.com)  
**TurleyCT**  
COMMUNITY PUBLICATIONS

**The McGovern GRANITE COMPANY**  
Since 1903  
Monuments  
Markers  
Lettering

*Honor the life of someone you love with a lasting memorial*

**860-956-1960**  
432 Fairfield Avenue, Hartford (across from Cedar Hill Cemetery)  
[www.mcgoverngranite.com](http://www.mcgoverngranite.com)

*enjoy life, eat cake*

Summer Parties • Graduation • Showers • Weddings • More

a little something **BAKERY**

The Shops at 485 New Park Avenue  
West Hartford

860-586-8711  
[www.Alittlesomethingbakery.com](http://www.Alittlesomethingbakery.com)



# THE BUSHNELL

RESERVE YOUR SEASON TICKETS TO THE  
2017-2018 BUSHNELL BROADWAY SERIES!

TICKET  
PACKAGES

START AT JUST

**\$173.<sup>25</sup>**

FOR ALL SEVEN SHOWS!

YOUR TICKETS ARE WAITING AT  
**860-987-5900**

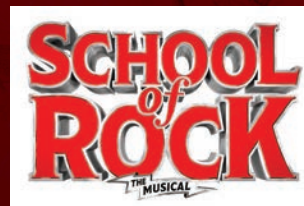
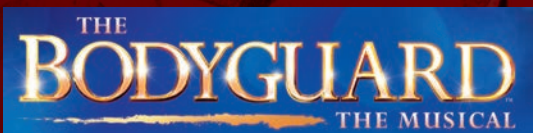
**WWW.BUSHNELL.ORG**

166 CAPITOL AVENUE  
HARTFORD CONNECTICUT

Pricing does not include all applicable fees. Full Series package price of \$173.25 is based on Series tickets in the rear balcony during the Tuesday evening performance for all seven (7) shows.

FINDING  
NEVERLAND

WINNER! BROADWAY.COM'S AUDIENCE CHOICE AWARD FOR BEST MUSICAL



**ON YOUR FEET!**  
THE STORY OF EMILIO & GLORIA ESTEFAN

The 2017-2018 Bushnell Broadway Series is co-sponsored by



FARMINGTON BANK®

TRAVELERS

ANA VILLAFANE AS GLORIA ESTEFAN IN ON YOUR FEET! (C) MATTHEW MURPHY.JPG



## Living *your Best LIFE*

# Happy birthday

103 years young and still celebrating

by **Alicia B. Smith**  
Associate Editor

**F**or many years now, Barbara Martell Rogers Conant has been saying that she does not believe she will live to see another birthday. Fate had other plans, for on July 7, 2017 she celebrated her 103rd year.

There was cake, balloons, gifts and flowers. Most importantly her family – her children, their spouses and a granddaughter – came to visit. Several of her neighbors stopped in for cake and ice cream, and to wish her well. A few days later, more family would come to fete her and keep the good times going.

“Are you behaving over there,” one of her neighbors at The Reservoir wanted to know at the first party. The comment drew a big smile from Conant, who, of course was behaving herself.

“You have a hell of a nerve getting older,” the neighbor informed her, which brought a laugh to all those who heard.

“Let’s not talk about my age,” Conant said.

However, it is tough not to talk about her age. She was born in 1914, just days after the assassination of Archduke Franz Ferdinand that would lead to the start of World War I and a few days from the major league debut of Babe Ruth with the Boston Red Sox, and about a month and a half before the Panama Canal was inaugurated.

“I have always said that the years I grew up living next door to the Quincy beach rowing a dory day after day, strengthened me, especially as I was asthmatic and survived diphtheria. I don’t really know why I am still here now,” Conant said of her longevity.



Photo by Alicia B. Smith

*...Comfortable Living*




There's no place like  
**FEDERATION HOMES**  
ACCEPTING APPLICATIONS FOR OUR 1 AND 2 BEDROOMS WAIT LIST  
156 WINTONBURY AVE., BLOOMFIELD  
Affordable Independent Living for Older Adults 62+  
and Individuals with Disabilities  
Visit us at [www.federationhomes.org](http://www.federationhomes.org)  
**(860) 243-2535**

Federation Homes, Inc. is sponsored by the Jewish Federation of Greater Hartford with funds provided by the Department of Housing and Urban Development.




READ  
**LIFE**  
ONLINE AT  
**www.TurleyCT.com**  
**TurleyCT**  
COMMUNITY PUBLICATIONS

**NEED TO GET BACK  
ON YOUR FEET SO  
YOU CAN GO HOME?**



**PERSONALIZED SHORT TERM REHABILITATION**

Our team works together with your physicians to create the best plan for your wellness and recovery. Family owned and operated, we provide individual, personalized care that makes all the difference. Let us tell you more.

 **West Hartford**  
Health & Rehabilitation Center  
130 Loomis Drive, West Hartford, CT 06017  
860-521-8700 [westhartfordhealth.com](http://westhartfordhealth.com)  
Affiliated with Avon Health Center

**TurleyCT Community Publications**  
Life Publications The Valley Press The West Hartford Press  
To advertise call 860-651-4700 • [TurleyCT.com](http://TurleyCT.com)

**Caring for loved ones. *Family style.***



- 170 bed Skilled Nursing Facility for Short-term Rehabilitation and Long-term Care.
- Fully-staffed Active Rehab Program for Physical, Occupational and Speech Therapy
- Professional team available 7 days a week for admission, discharge, recreation and financial needs.
- Convenient to all local hospitals

Please call to arrange to visit our beautiful facility.

 **Hughes Health & Rehabilitation**  
29 Highland St., West Hartford  
**860-236-5623**  
*Family owned and operated since 1961*



## Living your Best LIFE

Years later, she was at the circus watching her stepmother's nieces perform as part of the Great Wallendas on July 6, 1944 – the day of the Hartford Circus Fire. All of her family managed to escape the blaze and ensuing chaos, and watched the fire from their car.

Not everyday of Conant's life was as exciting and scary as the day of the circus fire, but as her family knows, she has had a great life filled with love and fun.

"I did not have an easy life but I got through it by sheer grit," Conant said. "That is what my dad taught me, not by words but by example."

Among the biggest changes she has witnessed throughout her life relate to the friendships created in the neighborhood where she grew up and technology.

"When I was growing up we knew all of our neighbors," she said. "There was a clubhouse across the street where the neighborhood women went to get together and play cards or sew. We would play games together in the evening. There was no

TV, internet or cell phone. I never learned to type, have never been on the internet or had a cell phone."

Her daughter, Carole B. C. Fox, youngest son, Douglas Conant, and granddaughter, Stephanie C. Fox, J.D., have written a biography of the centenarian in their lives.

Among the details they shared was that Barbara was born in Quincy, Massachusetts, and was the youngest child of Elmer Rogers and Matilda Martell Rogers. She had two older brothers. Her mother passed away during the Spanish influenza pandemic of 1916. Barbara was just 2 years old. Her father would later marry Katherine Donahue.

Conant went on to study nursing at Peter Breck Brigham Hospital in Boston.

She came to Connecticut as an aide to a Mrs. Hollander. Within weeks, the woman died at home and Ahern Funeral Home sent a team to the house. Among them was Leonard Joseph Conant, who met Barbara for the first time. The very new widower noticed the attraction of the two

and encouraged their courting. Mr. Hollander would later gift them some furniture when they married in 1939.

The couple had three children: Rogers, Carole and Douglas. They first lived in Hartford before moving to Gifford Road in West Hartford, eventually settling on Lostbrook Road.

Conant is proud of her brother, Elmer Rogers Jr., who became a lieutenant general in the Air Force, was one of the first of three pilots to fly for the U.S. Army-Air Corps, and survived three plane crashes during World War II. He landed a role in the 1927 silent film "Wings," because he could do rolling spirals and the movie's pilot could not.

After her husband died in 1981, Conant took up nursing again, this time as a home health care nurse. Following her retirement, she volunteered at Hartford Hospital, working at its Jefferson Street gift shop as well as the one in the hospital. She is recognized for her work on a plaque hanging in the hospital's lobby.

Conant lived in her home on

Lostbrook Road with her son, Douglas, until a harrowing bout with bronchitis prompted her to move to The Reservoir; she was 101.

A steady diet of fruits and vegetables, including a colorful salad each day, are things her granddaughter, Stephanie C. Fox, credits with keeping Conant healthy all these years. That, and she did not drink alcohol, never smoked and rarely partook of caffeine.

"She is beautiful," Stephanie said. "[She] has always had an excellent memory, she got me addicted to puzzles such as crosswords, loves dogs and cats, and accepts things as they are rather than as she might wish them to be. She doesn't constantly find fault with people. She tells family history stories over and over again, which makes it easy to memorize them. She is also far more interesting and much tougher than she gives herself credit for being."

One of the stories Stephanie likes to tell, and has become one of Fox's favorites, is how her great-uncle, Elmer Jr., the pilot, had come home for a visit.



## Welcome Home to SummerWood!

Experience the SummerWood lifestyle at our award winning senior living community and enjoy a wealth of amenities. **Contact Valerie today to learn more at 860.523.3808 or [vbartos@hoffmansummerwood.org](mailto:vbartos@hoffmansummerwood.org)**



 **Hoffman SummerWood Community**

A Member of the Hebrew HealthCare Family

160 Simsbury Road, West Hartford [www.hoffmansummerwood.org](http://www.hoffmansummerwood.org)



## The Court of Saint James

Independent Senior Living Community  
Family atmosphere in a safe and secure setting



### ELEGANT SETTING OFFERS:

- Catered meal program by St. Clemens Castle
- Large 1-2 bedroom apartments
- Library, indoor walking track, exercise room
- Private courtyard
- RN wellness program
- Complimentary van service
- Hair salon
- 1 bedroom, 1.5 baths with laundry hook-up available

**1 Bedroom apts available for immediate occupancy**  
**To schedule a tour, contact the facility administrator at**  
**860-561-4610**  
**[courtof saintjames@gmail.com](mailto:courtof saintjames@gmail.com)**

**144 South Main St., West Hartford, CT 06107 • [courtof saintjames.com](http://courtof saintjames.com)**



READ  
**LIFE**  
ONLINE AT  
**[www.TurleyCT.com](http://www.TurleyCT.com)**  
**TurleyCT**  
COMMUNITY PUBLICATIONS



## Living your Best LIFE

The crew responsible for building a new post office did not believe him when he told him he flew airplanes. To prove them wrong he took his sister up in a plane and buzzed the construction crew.

"The looks on the faces of those people were worth it," Fox said.

"The interesting part to me was that he buzzed Heron Road and all the neighbors and his parents came out to wave at them," added Carole. "I can still picture it in my mind – him in his goggles, leather cap and scarf blowing in the wind, our Mom hanging on for dear life."

Stephanie said that her grandmother's favorite pets were the dogs she had over the years. She also had a rat that a boyfriend gave her. At one time, when she walked her dogs, her cats would follow along behind, Stephanie said.

Drawing was something Conant enjoyed and was self-taught. An image she drew of a cat smoking a cigarette hangs in her room at The Reservoir.

Carole said that one of the many qualities she admires about her mother is that "she is a survivor."

"She taught me to always keep going

no matter how difficult life's circumstances," Carole said, adding that her mother cared for her father during his bout with prostate cancer.

"Throughout that time Mom worked tirelessly as a home care nurse," said Carole, who followed in her mother's footsteps and became a nurse. While working at Hartford HealthCare, from which she retired, she would walk over to the hospital gift shop on Jefferson Street to visit with her mother, who was volunteering.

Carole treasures the brown-and-yellow checked crocheted blanket that her mother made for her for naptime when she was in kindergarten at Smith School.

"Of course my favorite story about mom is sitting on the stoop outside our front door on Gifford Road while she made a red corduroy dress for my baby doll – the one with the beautiful blue eyes and blonde hair. We all have brown eyes and were brunettes, except my Dad who had blue eyes," Carole said.

She also appreciated how her mother took apart one of her own dresses and used the material to make her a skirt and jacket to wear to school. **WHL**



When Barbara Conant turned 100 she celebrated by releasing 100 butterflies.

Courtesy photo



### A TOTAL SOLUTION

We remove the stress from the transition services that are often overwhelming.

**Downsizing** - Clean the clutter

**Senior Relocation** - Eliminate stress with a plan

**Estate Sales & Auctions** - Maximize your value

Call for your FREE in home consultation:  
Caring Transitions of Central CT - 860-406-8197  
[www.caringtransitionscentralct.com](http://www.caringtransitionscentralct.com)



## Time to get busy living.

**Celebrate a Lifetime of Smart Decisions  
by Making Another One Right Now.**

Like a successful career, a fulfilling retirement is built on smart decisions. Choose The McAuley, right in West Hartford, and celebrate your success in style – with great neighbors, fun ways to stay active, new things to learn, and local cultural events. It's one of the smartest decisions you'll ever make.

275 Steele Road, West Hartford  
[www.TheMercyCommunity.org](http://www.TheMercyCommunity.org)  
860-570-8400

**THE MCAULEY**  
PART OF THE MERCY COMMUNITY

**West Hartford's Only Life Plan Community**  
**INDEPENDENT LIVING • ASSISTED LIVING**



READ  
**LIFE**  
ONLINE AT  
[www.TurleyCT.com](http://www.TurleyCT.com)  
**TurleyCT**  
COMMUNITY PUBLICATIONS



# 60 over 60

**T**he 60 Over 60 award was created by Duncaster as a way to showcase the lives of people 60 or better, who continue to have a unique impact on their world. The LifeCare Community in Bloomfield began its search January 1, receiving nominations from throughout Connecticut.

"We've all heard of 40 Under 40 awards that highlight the successes of this group of people. We thought it was high time to recognize the ongoing inspiration and achievement of those 60 or better. We were delighted with the response to it," said Carol Ann McCormick, vice president of sales and marketing at Duncaster. "Clearly there are many people who wanted to recognize people 60 or better for their continued accomplishments."

This is the first year the awards have been presented. Here are the nine recipients who live in West Hartford. They were celebrated at a reception at the facility.

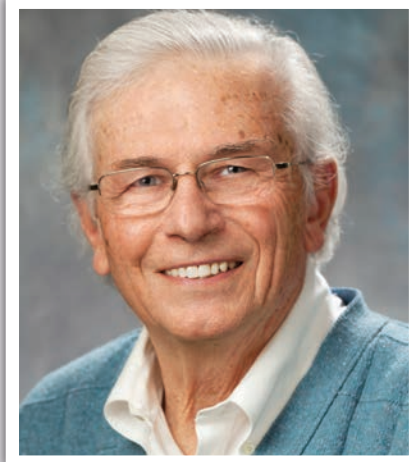
## Nine West Hartford residents recognized for their accomplishments



**Quincy Abbot** is a national advocate for those with development disabilities. He became a volunteer leader with ARC Connecticut and later was drafted to fill an advocacy position on a national level. He co-chaired the steering committee for Money Follows the Person, providing reforms to and deinstitutionalization of Connecticut's longterm care system.



**Robert Cave** is touted as a leader, helper and joiner. He took the helm at the West Hartford Seniors Job Bank, a nonprofit dedicated to helping seniors in the Greater Hartford area, and made it a financial success.



**David Murphy** is a change agent to the fishermen of Haiti. He developed a prefabricated catamaran kit, with a unique design allowing a buildout in days instead of months. The boat is safer to take into deeper waters allowing access to larger quantities of fish and giving birth to a sustainable boat-building industry in Haiti.



**Reathie Bailey** known as Mother Bailey at The First Cathedral in Bloomfield, has a keen interest in health and wellness, which led to the establishment of The Good Life Wellness Center. The products in the center offer a balance between nutritional wellness and weight-loss management, and Bailey's involvement led to many certifications and recognitions.



**Billie M. Levy** is a children's book advocate and with her donation of children's texts to the University of Connecticut, formed the Billie M. Levy Literature Collection of Illustrated Children's Books. She formed this library with 8,000 books and the collection has grown to over 15,000 volumes.



**Roberta Prescott** sets the bar high for female entrepreneurs. She is a national authority on communication, founded The Prescott Group and is the President of International Women's Forum, Connecticut. She has spoken to groups as diverse as the National Foundation of Women Legislators and the American Society for Training and Development.



## Living your Best LIFE



**Marcy Stabile** was nominated for her presence as a quiet hero. She has been a calming support to friends facing serious illness and has even been there to ease their dying. She is an active member of her synagogue and in the words of her nominator is “a treasure to her family and friends.”



**Melinda Trummel** champions equal footing for all, dedicating much of her life promoting fair treatment and social justice. Her activism started at a lunch counter in Kansas, took her through Vietnam War protests and eventually to the League of Women Voters. She is an active participant in the Wadsworth Atheneum Museum of Art's reading programs for children in Hartford schools.



**Joan Walden** is a writer, volunteer, professor and organizer. She is on the faculty of Central Connecticut College and also teaches at Tunxis Community College. She is the president of the West Hartford chapter of Toastmasters International. Walden also heads up and publicizes the work of Kehilat Chavarim Jewish Community, an independent “community of friends” who study and investigate their Jewish heritage. Since 1996, she has been teaching fitness classes at several area clubs and facilities including the Mandell JCC. **WHL**

**“Clearly there are many people who wanted to recognize people 60 or better for their continued accomplishments.”**

**– Carol Ann McCormick**



## Pet-friendly living.

Duncaster welcomes your pets with open paws! So, along with all of the wide-ranging amenities and services available here, you and your best friend can stay active as you play or walk along the many trails throughout our beautiful campus.



Duncaster.org  
40 Loeffler Road, Bloomfield, CT

**Duncaster**  
Boutique Community Living

Call 860-380-5006 to schedule your complimentary lunch and tour. Bring your pet along. We'll keep him or her entertained while you take the tour.



## WELCOME TO OUR NEWEST MEMBERS!

### **Cinepolis**

42 South Main St  
West Hartford Ct 06107  
860 236-4111

### **Imageworks**

7 Keynote Drive  
Vernon Ct 06066  
860 454-0582

### **Landmark Center**

**for Behavioral Health**  
433 South Main Street  
West Hartford, Ct 06107  
860-207-9449

### **Rob's Gutter Cleaning & Power Washing**

P.O BOX 331073  
West Hartford, Ct 06133  
860-982-3300

### **Blanchard, Lundberg Williams Financial Group of Wells Fargo**

75 Isham Rd  
West Hartford, Ct 06107  
860-523-3023

### **The Simple Greek**

1489 New Britain Ave.  
West Hartford, Ct 06110  
860 561 4976

### **AC Automotive Inc.**

1072 New Britain Ave  
West Hartford, Ct 06110  
860 236 5020

### **Advantaclean**

100 Pitkin St  
East Hartford, CT 06108  
860-759-4995

The Chamber encourages your support of our business community.



## VOTE FOR US ...

*Best Home Improvement*



# \$7 OFF

Benjamin Moore  
**Arborcoat**  
MSRP per gallon

*With this coupon. No exceptions or substitutions.  
Expires 9/30/2017*

2 West Hartford Locations:  
1230 Farmington Ave.,  
176 Newington Road or visit  
[www.johnboyledesign.com](http://www.johnboyledesign.com)  
for a location near you!



Vote for us ...  
BEST ICE CREAM

WEST HARTFORD



5-1/2 South Main Street  
West Hartford  
860-233-(cows) 2697  
[whbenandjerrys@yahoo.com](mailto:whbenandjerrys@yahoo.com)

vote for us  
best gift shop and  
best local women's fashion

KIMBERLY  
BOUTIQUE

kimberlyGIFT

968 farmington avenue west hartford center [kimberlyboutique.com](http://kimberlyboutique.com) [kimberlygift.com](http://kimberlygift.com)



# 3<sup>RD</sup> ANNUAL

# Best of

Vote now

Vote for your favorites  
The award show will be

# CONGRATULATIONS AND GO



**RUBBISHWRAP™**

No hardware • No tools • 5 minute set up



A Unique  
Solution to  
Hide Your  
Garbage  
Carts

**\$100 off retail price for**  
West Hartford and CT Residents!

[www.rubbishwrap.com/CT](http://www.rubbishwrap.com/CT)



Introducing  
**WeHa-Rentals.com**

**HART REAL ESTATE**

*"Hart is where the home is"*



**1000 Farmington Ave. • 860-206-0141**  
[hartrealestatect.com](http://hartrealestatect.com)

Full Service Real Estate Company + Property Management

After

Before

**WINNER!**  
**BEST of We-Ha**  
2016

**BARTLETT BRAINARD PRODUCTS**

Improving Homes  
for nearly  
80 years  
in We-Ha and Beyond!

75 Talcott Road  
860-233-4475  
[www.bartlettbrainard.com](http://www.bartlettbrainard.com)



**STARR  
YOGA**

- All Levels Yoga & Barre Classes
- Variety of Workshops
- Teacher Training

276 Park Rd. West Hartford  
starrlifestudios.com

Vote Now! **BEST of W-H**

**Vote for Us  
Best PreSchool**



**Montessori School of Greater Hartford**  
141 North Main Street  
West Hartford, CT  
860-236-4565

**BEST of W-H**

**Vote For Us  
BEST SPECIALTY RETAILER**  
*Black Diamond Body Piercing*



149 Park Road, West Hartford  
**860.231.9771**  
www.blackdiamondbodypiercing.com  
facebook.com/blackdiamondCT

CTNOW ★ BEST ★  
OF HARTFORD  
READERS' POLL  
2016

**BEST of W-H**

# West Hartford

on we-ha.com  
in more than 25 categories  
Monday, August 28th, 2017.

**GOOD LUCK TO ALL WEST HARTFORD BUSINESSES**

**EFFIE'S PLACE**  
*Family Restaurant*

Check out our **NEW MENU!**  
**Patio is OPEN!**

**WINNER!**  
**BEST of W-H**  
2016

Breakfast • Lunch • Dinner  
91 Park Road • 860-233-9653

**Jewish Family Services**  
Embracing Possibility.



Jewish Family Services | 860.236.1927 | jfshartford.org

**JFS Care at Home**  
Your Partners in Care



**WINNER!**  
**BEST of W-H**  
2016

**WINNER! BEST HOME CARE 2016**

JFS Care at Home | 860.233.4470 | jfscareathome.org

**VOTE  
NOW on  
we-ha.com**



# Slice of LIFE

photos by Lisa Brisson

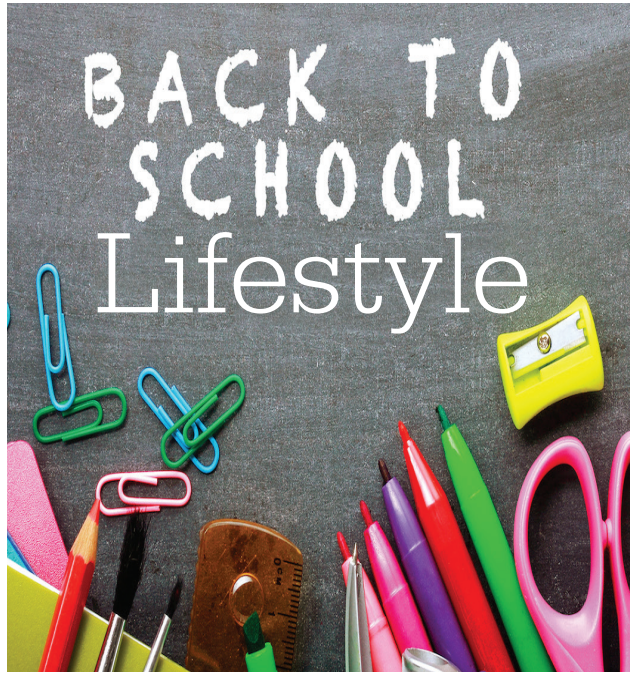
*For more photos and full coverage of this beloved local event, see the July 27 edition of our sister publication The West Hartford Press.*



## Letting out their best 'Om'

An estimated more than 2,000 people came out Saturday, July 22 for the annual Yoga on LaSalle event for which LaSalle Road is closed and taken over by yoga practitioners of all levels. **1.** The 75-minute class took participants through a variety of poses in the street as their yoga mats brought pops of color to West Hartford Center. **2.** The class was led by West Hartford Yoga director Barbara Ruzansky and assisted by instructors from other area studios. West Hartford Yoga was the sponsor of the event. **3.** Hands on Drumming provided live music for the annual event. **4.** Yoga enthusiasts of all ages and all levels took part in the annual event held early in the morning. The event surpassed its regular goal to reach more than 1,000 participants.





A product of TurleyCT Community Publications | [TurleyCT.com](http://TurleyCT.com) | August 2017



## Back to School

# Looking ahead

at

# fall fashion trends

Hot looks for when  
the weather cools down

by Allie Rivera  
Staff Writer



**A**s summer starts to wind down, back-to-school shopping begins to ramp up.

According to a survey from the National Retail Federation, back-to-school spending in 2017 is expected to reach \$83.6 billion, a ten percent increase from last year's \$75.8 billion.

"It's the second biggest selling season for retailers next to the holidays," Westfarms spokesperson Amanda Sirica said. "We will see a huge spike in back-to-school shopping during Connecticut's tax free week, which begins Sunday, August 20 through Saturday, August 26."

Along with sales of school supplies, electronics and shoes, back-to-school shopping often has a great emphasis on clothes.

"There's something very exciting and exhilarating about fall and a chance for kids to start fresh, and with that comes a fresh new wardrobe," Sirica said.

For those who may be daunted by all the styles in stores, here are some of the trends that will be making a splash this fall.

"Denim is always a staple of back to school shopping and this year is no exception," Sirica said. "It's actually bigger than ever."

For women and girls, many styles will now include embroidered denim as well as one of the bigger trends of the season – patches and appliques.

"For girls right now there is a lot of patches, and they're putting them everywhere," Susan Macko, owner of LemonLlama Kids' Boutique in Avon said. "They're on jeans as well as outerwear or tunics and tops."

The style of these patches can range from rainbows and butterflies to a variety of emojis, which both Macko and Sirica said are very popular this year.

Along with appliqued and embroidered denim, shoppers can also expect to see more high-waist-

ed jeans in stores.

"You're also going to see colored denim making a comeback and high-waisted jeans," Sirica said.

Part of what is contributing to this style is a resurgence in trends from the 1970s.

"We're seeing a subtle '70s trend coming back," Sirica said. "Last year was the '80s and now we're seeing this subtle '70s revival. Some of the things we're seeing contribute to that are two-tone denim and body suits."

Along with that '70s style is the continuation of all things boho.

"Bohemian is still trending," Macko said. "That was strong last year and that's still around."

Macko and Sirica said shoppers can expect to see flowing dresses and tops for girls and women.

"Those styles look incredible paired with cargo or denim jackets," Sirica said.

Also continuing into the fall is a style known as 'athleisure,' which Sirica said is still "going strong."

"That's when you mix and match athletic wear with everyday wear," she explained. "You may have a performance Under Armour top with a denim skirt, or just wearing a full athletic outfit as everyday wear."

For many shoppers, the fabric used is an important part of any outfit.

"In general for the kids, it's all about the fabric and feel and the softness of it. That's why fleece is always so popular," Macko said.

As the days begin to grow colder, Macko said that this season will see a growing trend of fur, either faux or real, as well.

"We're seeing a lot of fur-trimmed hoods and vests," she said. "There are fur pom-poms everywhere. Some of the fur is natural, some of it's dyed, but hats for infants through adults seem to have either real or faux fur pom-poms."

Another fabric choice Macko said is popular this season is metallic.

"In general, metallics are



## Back to School

popular, especially gold metallics," she said. "You'll probably see it in dresses and sweaters this season."

In addition to shoppers being concerned with a fabric's feel and look, many are also concerned with how it was made.

"Some of our retailers have started making eco-friendly lines," Sirica said. "They're coming out with clothes that are made from recycled materials, like bottles, and turned into textiles."

Companies such as H&M have started producing these environmentally conscious clothing as well as JCPenney's Arizona Jeans line, which now has nearly 28 percent of their textiles made from recycled materials.

For those who may be overwhelmed by the task of back-to-school shopping, both Macko and Sirica said that it can be a positive experience, both for shoppers and their wallets.

"It seems like a daunting task,

but it does not have to be," Sirica said. "Westfarms has parents covered with back to school sales, and you can see online or on our new app what's on sale before you head out to the mall."

Whether heading out to a large department store or staying small at a boutique, back-to-school shopping can be pleasant for everyone.

"We always have things that are different that you don't find everywhere," Macko said. "There are price

points for everyone and we always have sale items. It's a nice mix so that everybody can find something." **WHL**

*LemonLlama Kid's Boutique is located at 29 East Main Street, Avon. They can be reached at 860-678-7087 or online at [www.lemonllamakids.com](http://www.lemonllamakids.com). Westfarms Mall is located at 1500 New Britain Avenue, West Hartford. For more information, call 860-561-3024 or visit [www.shopwestfarms.com](http://www.shopwestfarms.com).*

## Welcome to Northwest Catholic

*where you know  
you belong*

"NWC is filled with loving, kind-hearted people who will welcome you with big hearts."

—Shania '18



29 Wampanoag Dr.  
West Hartford, CT 06117  
860.236.4221

[northwestcatholic.org](http://northwestcatholic.org)

[#findyourpride](https://twitter.com/findyourpride)

## Estelle Jones SCHOOL of DANCE

*Inspiring dancers in West Hartford for over 50 years.*



"Giselle" Senior Company

**Pre-Ballet • Ballet • Pointe • Jazz • Tap**  
*Classes for ages 3 to adult (all levels)*

Join our adult classes **BALLET • TAP • JAZZ**

- Competitive class prices • Dance Masters of America certified instructor
- Classes taught by certified public educator with over 30 years experience
- Students placed in developmentally appropriate classes

**COME MEET US AT OUR  
OPEN HOUSE**  
**THURSDAY, AUGUST 31st • 5:30-7:30 PM**

**CLASSES RESUME**  
**MONDAY SEPTEMBER 18th, 2017**  
**STUDIO REGISTRATION**

Wednesday, Sept. 6th • Thursday, Sept. 7th  
5:30-7:30pm

*DANCE: Everything that sport is ~ plus art!*

For further information, please call  
**860-930-8662**

1106 New Britain Avenue, West Hartford  
(a private studio located in the lower level of Elmwood Community Center)



[ejonesdance@att.net](mailto:ejonesdance@att.net)  
[www.estellejonesschoolofdance.com](http://www.estellejonesschoolofdance.com)



## Back to School



### Back to school style for everyone

#### Tips for moms and dads to take summer styles into fall

by Mara Dresner  
Staff write

Even if it's been quite a while since you've seen the inside of a classroom, back-to-school is still often the cue to begin thinking about your fall wardrobe.

However, with such a short summer season, many of us are understandably reluctant to put our summer clothes away too soon.

"Transitioning from summer to fall is not really that hard. Other than a perhaps a color change, it's the same as having a chilly summer night when we take out a lightweight sweater or put on a pair of jeans to warm us up," Jan Horahan, owner of Jan's on Main in Glastonbury, said. "The colors get a bit darker and the fabrics are a tad bit heavier. That's not to say though that you can't layer some of our favorite summer pieces with our heavier fall clothing. A lightweight ruffled sleeveless top looks great under a denim jacket or a black sweater or blazer."

Karen Herbert, who is co-owner with Barbara Karsky of BK&CO in West Hartford, said that this is a

great time of year to experiment.

"Traditional seasons can be the most challenging clothing times. However, we like to think of those seasons in New England as the time to be the most creative with your wardrobe. It is always about color, extending summer into fall or winter into spring. Your favorite black pant can be season-less when the top changes. Also, adding a scarf can change the season of an outfit," she recommended. "We love to layer – and that means wearing different lengths together. Topping a sheer sleeve under a sleeveless tunic and then adding a cropped cardigan gives you a great multi-layer, multi-color look. When you throw on a wrap or a scarf, it adds warmth, and again color that changes an outfit. Mixing patterns within the same color hue gives an interesting forward look, but not everyone is that adventurous. When it is done tastefully people will be envious that they didn't have the courage to try it!"

Barbara Capenera, who founded Uptown Consignment with three

#### CAREER EDUCATION

IT'S YOUR TIME TO  
BREAKTHROUGH!



**AmericanInstitute**

99 South Street, West Hartford, CT 06110  
www.AILearnNow.net • 888-247-3512

Choose a school you'll love,  
and train for a career in:

- Dental Assisting
- Medical Assisting
- Massage Therapy
- Medical Coding & Billing
- Administrative Office Professional
- Computers, Networking & Security

CALL 888-247-3512 TODAY!

For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit [www.americaninstitute.com/consumer-info](http://www.americaninstitute.com/consumer-info)

stride rite  
buy one, get one

40% off

back to school.

**FOOTBEATS**

The  
**BOGO**

starts 7/27/17 and ends 8/13/17. See store for details.

stride rite

SPERRY  
TOP-SIDER

MERRELL

saucony

Shoppes at Farmington Valley  
New location beside Sephora, across from Barnes and Noble  
110 Albany Tpke, Suite 603, Canton, CT 06019  
860-693-8522



## Back to School

locations including one in Rocky Hill, is also all about taking style chances.

"You can't go wrong adding a cardigan and a closed-toe shoe to any summer outfit as the fall weather starts. One of my favorite things to do is add a solid tight to a pair of shorts, and a solid blazer to a short-sleeve top with a flat, closed-toe textured shoe. I always liked the simplicity of layering solid pieces with one piece having a texture, like your shoes or a handbag especially as the season is just starting. Leopard print is my favorite. Turns out it is trending this fall," Capenera said.

Don't get hung up on old rules, such as "No white after Labor Day."

"The fabulous white jean is very European. I know people in the Northeast shy away from white in the fall and winter, and unless it is the jean we do too. However, not until end of October if it is a beautiful warm fall," Herbert said.

Capenera is also a fan of taking white into the cooler weather.

"I love white! As long as you stay away from striped pieces which tend to look very summery, I think you can wear white. One of my favorite looks is white jeans with a black crewneck sweater and a suede boot or flat. It's simple and classic. You can also soften the look of white by adding earth tones and smaller pieces of wood jewelry with a soft, light suede-colored bag," she said. "The only thing I would not do, but this is me, is wear white linen in the fall. The material is designed for warm climates, keeping you cooler in the summer, so it is not made to wear in cooler weather."

Horahan suggested pairing white jeans with a short bootie to take the look into fall weather.

She also finds dresses a flexible choice with the changeable weather.

"Dresses are usually an easy piece to transition and layer under a sweater or jacket and most are pretty versatile," Horahan said.

Despite warm days, evenings often start to cool off quickly, and it pays to be prepared.

"In the evening during the summer I always add a light cardigan or a simple solid blazer to all my summer outfits. If the evening starts out warm, I just roll up a solid colored shawl to keep in my bag if I need it," Capenera said.

"The wrap is the life-saver when it comes to the drop in temperature. We always suggest a wrap, especially when traveling. I never leave the house without a wrap of some sort," Herbert said.

"A beautiful wrap completes an outfit and is functional. Many women are uncomfortable of the wrap. It just takes a quick lesson on how to use one to your advantage and you can be free from carrying a 'topper' around all day in the heat."

Of course, fashionistas have their eye on fall styles, even as they wring every moment out of summer.

Capenera is excited about vintage style coats and faux fur hats this season.

"There are really no fashion rules. The greatest thing about fashion today is that you can wear whatever you want and create your own style," she said. "You can be any age and wear a leather motorcycle jacket with a long skirt and t-shirt and look cool. You can be young and dress classic or older and dress hip. Today's fashion is being yourself and you are in style." **WHL**

*Learn more at [uptownconsignment.com](http://uptownconsignment.com), [jansonmain.com](http://jansonmain.com) or [bkcostyle.com](http://bkcostyle.com).*





# Open Auditions for The Nutcracker

**Saturday, August 26, 10am**, Dancers ages 4 - Adult  
at Ballet Theatre Company, 20 Jefferson Ave., West Hartford, CT  
**Pre-register at [www.dancebtc.org](http://www.dancebtc.org)**  
or call 860-570-0440

Performances at Hoffman Auditorium, University of Saint Joseph, Dec. 14 - Dec. 17

## Register now for Fall Dance Classes

♦ Visit our **OPEN HOUSE** on August 19th ♦

Classes start: *September 5, 2017*

Register at [www.dancebtc.org](http://www.dancebtc.org)

New classes added!

Contemporary Ballet, Pre-pointe, Character Dance, and more!

20 Jefferson Avenue ♦ West Hartford, CT 06110 ♦ 860-570-0440  
Ballet Theatre Company is a 501(c)(3) Not for Profit Organization



## Nurturing your Child through Dance

Tap, Ballet, Pointe, Hip Hop, All-Boys Hip Hop, Street Jazz, Broadway Jazz, Lyrical & Contemporary  
For Children & Adults, Beginner to Advanced

Please visit our **OPEN HOUSE** on Saturday, August 26th - 10a.m.-2p.m.

Classes begin Monday, Sept. 11th - Register online today!

Register by  
phone or  
at the Studio



860-232-7225

1153 New Britain Avenue, Elmwood (Corner of Yale St., across from Tapas)  
[www.alycecarelladancecentre.com](http://www.alycecarelladancecentre.com)

Celebrating  
Over 50  
Years!

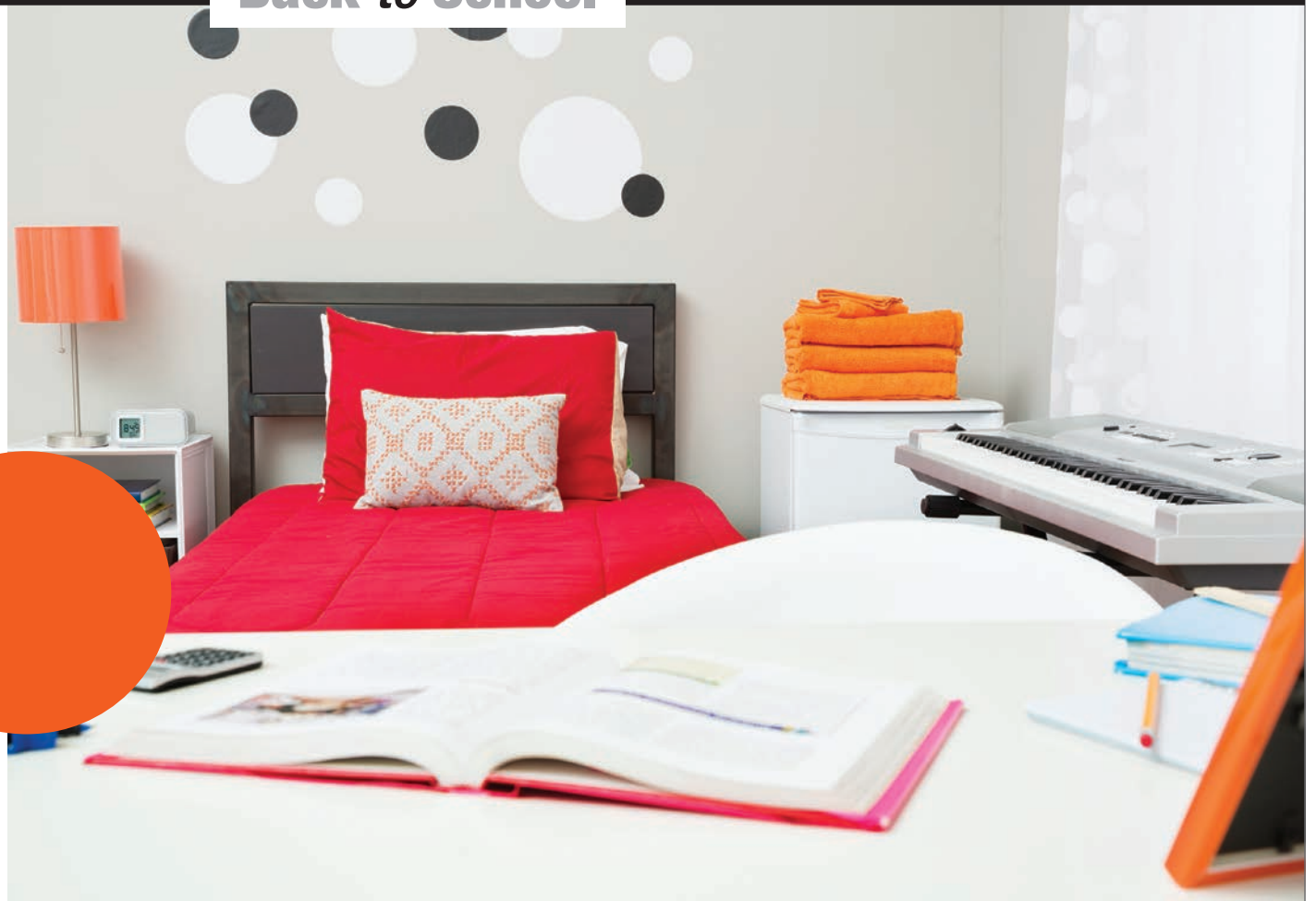


## Back to School

# Dorm days

## Prepping to make the most of a small space

by Allie Rivera  
Staff Writer



**W**ith the start of school comes a brand new chapter for many young people who are moving out of their family homes and into a dormitory.

For those looking to spruce up the small space beyond the standard issue dresser and twin bed, local retailers have a variety of options.

"As far as college students going back to school, we have all types of

items in our store," Sheri Jackson, owner of Gillette Furniture Consignment in Wethersfield, said.

Those preparing to live in a small space should think about finding items that make good use of an area.

"We have a Crate and Barrel ladder shelf that's something that, if you don't have a lot of room, is a nice piece," Jackson said.

To best utilize space, students can look for under bed storage, however



**Farmington Miniature Golf & ICE CREAM Parlor**

*Serving you since '62*

**Celebrating over 50 years of fun!**

*Traditional Miniature Golf at its Best!*



[www.farmingtonminiaturegolf.com](http://www.farmingtonminiaturegolf.com)

1048 Farmington Ave. (Rt 4) Farmington • 860-677-0118

**36<sup>TH</sup> ANNUAL MINIATURE GOLF TOURNAMENT**

**August 19 & 20 (Sat & Sun)**

Register Now! Forms available at the course or on our website.

Proceeds to benefit local children's charities



**Stork Club inc.**  
CHILD-CARE & DEVELOPMENT CENTERS

**It's Back to School! Register Now!**



**SOUTHINGTON**  
1348 West St. (860) 276-1031

**CHESHIRE**  
1311 Highland Ave., (203) 272-1637

**MERIDEN**  
186 Pomeroy Ave. (203) 235-8461

**ROCKY HILL**  
558 Cromwell Ave. (860) 563-9096

**GLASTONBURY**  
586 New London Tpk. (860) 659-3002

**ORANGE**  
801 Baldwin Rd. (203) 891-0599

[www.storkclubs.com](http://www.storkclubs.com)

- Age-Appropriate Programs Ages 6 Weeks to 9 Years
- Nursery School / Pre-K Class / CT ELDS
- Innovative Toddler and Preschool Curriculum
- Before & After School Programs with Transportation Provided
- Secure Facility / Camera Surveillance Inside & Out
- Experienced and Professional Teachers Certified in CPR and First Aid
- 10 Weeks of Summer Day Camp

**When good enough isn't good enough, education as it should be...**



**The Independent Day School**






**FEARLESS LEARNING**

Limited openings available for Fall 2017. Call to schedule a visit today and explore an amazing opportunity for your child.

**Age 3 to Grade 8 • Middlefield • 860.347.7235**  
[www.independentdayschool.org](http://www.independentdayschool.org)





## Back to School

Jackson also suggested finding pieces that can do double duty.

"They can get something like a storage ottoman so they can use it both for storage and as a coffee table," Jackson said.

Students can also find pieces that can fold away or be hidden when not in use. "If they're doing a small apartment, we have a two-seater drop side table," Jackson said. "They can pull up the sides and use their laptop or eat on it with a friend."

By shopping consignment, students may be able to find unique items that will make their dorm room stand out. According to Jackson, shopping for dorms at a consignment store, such as Gillette Furniture Consignment, is also ideal for those not looking to break the bank.

"We offer quality, condition and style and I try to have something to hit everybody's price point," Jackson said. "This isn't just old, used furniture. This is quality items at a good price."

At her store, much like for many young people, remaining eco-friendly is a priority.

"We're very earth-friendly," she

said. "We're always being conscientious and recycling."

Along with furnishing dorm rooms with shelves and extra storage space, being away from home also gives students the opportunity to decorate however they wish.

"We get a lot of kids coming in here to decorate their dorms," Geraldine Talge, owner of The Chalkboard in West Hartford, said. "They'll usually have a theme going on that they want to do."

While The Chalkboard is typically thought of as a teacher supply store, Talge said that each fall she gets an influx of college students who find creative ways to repurpose the items they find.

One of the biggest sellers she finds for college-bound students are decorative papers and boarders.

"It makes whatever you're putting up look so nice," Talge said. "They do a lot with decorating dorms."

Early in the year, Talge said she sees many students looking to create welcome signs and banners, but as the year progresses, students will return to create new themes for different holi-

days or celebrations.

"We do sell a lot of inspirational posters as well," Talge said.

For those looking to use this change of scenery as a way to get organized, The Chalkboard also offers a variety of items to make desk space clean and efficient with folders, notebooks and shelf organizers.

"The first thing I would suggest is a calendar," Talge said. "That's always a great thing to have to stay on top of everything."

When moving into a new space, especially a tiny room, it's important to think creatively to best utilize the space, but additionally it's also important to simply enjoy the new adventure.

"It's just fun when the kids come in because they're always enthusiastic," Talge said. **WHL**

*Gillette Furniture Consignment is located at 32 Silas Deane Highway, Wethersfield. They can be reached at 860-436-4663 or online at [www.gillette-furnitureconsignment.com](http://www.gillette-furnitureconsignment.com).*

*The Chalkboard is located at 1126 New Britain Ave., West Hartford. They can be reached at 860-236-0044 or online at [www.chalkboardct.com](http://www.chalkboardct.com).*

**"The first thing I would suggest is a calendar. That's always a great thing to have to stay on top of everything."**

**—Geraldine Talge**

## OUR STUDENTS' PATHS ARE LIMITLESS

UNIVERSITY OF HARTFORD

### DIVERSE PROGRAMS, PEOPLE, AND DREAMS

Students from 46 states and 65 countries come to our picturesque West Hartford campus to discover their true passions among more than 100 academic programs and numerous hands-on learning opportunities. Upon their final crossing—on the graduation stage—they realize there is no limit to how far they can go.

See our success stories at [hartford.edu](http://hartford.edu).

## Live to DANCE

Celebrating 20 Years!



AGES 3 AND UP • ALL STYLES & LEVELS  
BALLET • POINTE • JAZZ • TAP • HIP-HOP • CHARACTER DANCE • MODERN

**REGISTER ONLINE TODAY**  
**[www.premierdance.org](http://www.premierdance.org)**  
**860.232.2990**

IN STUDIO REGISTRATION:

Wed, Aug 23rd - 5:30-7:30pm

Wed, Sept 6th - 5:30-7:30pm

Sat, Sept 9th - 10:00-12:00pm

CLASSES RESUME: SEPTEMBER 11th

*Try A Class For FREE!*



**PREMIER DANCE SCHOOL**  
180 Bloomfield Ave., W. Hartford  
(Campus of Watkinson School)



## Back to School

# Care packages

Nothing says 'I love you' like a box of goodies

by Lynn Woike  
*LIFE Staff*

Care packages from home are coveted by students away at school. They bring a taste of home along with some comfort.

"The ideal care package definitely contains something sweet: photographs from home or a letter from a friend or family member are definitely great additions to any care package. Also, something that is actually sweet, like chocolate or cookies that can be shared with friends and roommates are always welcome too," said Olivia Piper of Avon, who recently graduated.

If you can't make it yourself, there

are many places that can pamper your child to your specifications.

The Root System in Rocky Hill allows you to customize gift baskets starting at \$55 for delivery in Hartford and most of Middlesex counties.

Mothers often send them after the student is settled in, when finals or something big approaches, for holidays and birthdays, said owner Julie Zadjura.

Favorite and themed foods are common choices.

Because she has a food handler license, Zadjura will shop for everything from bakery goods and nutri-



Photo courtesy of UPS



When teachers are allowed to use their minds well, guess what happens to students?

Cyrus D. '14  
Yale University '18



**WATKINSON SCHOOL**  
The power of excellent teaching changes everything.

Instead of being handed a rigid curriculum, our teachers put their expertise to work with skill, instinct, and judgement. The combination of experience and autonomy makes for a dramatic boost in student interest, absorption, and mastery. Our world needs the power of a Watkinson education more than ever.

**Info Session 9/29 at 9am!**

RSVP 860.236.5618 or [admission@watkinson.org](mailto:admission@watkinson.org)

**Now open!**

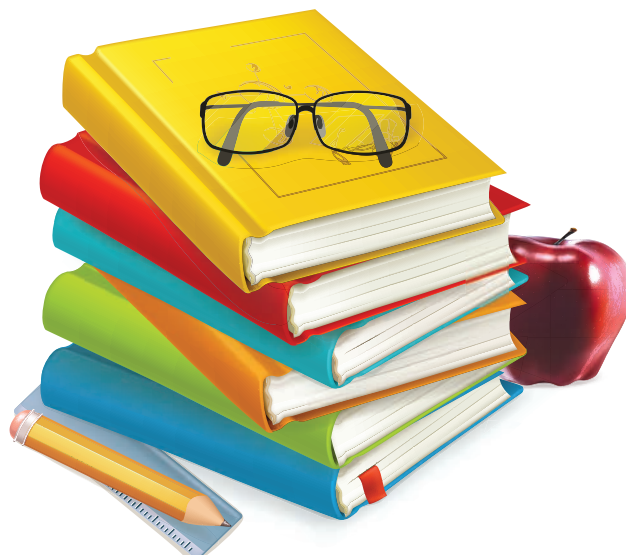


**MOXIE DANCE**

**OPEN HOUSE & REGISTRATION**  
Saturday, August 26th - 1-3pm  
LOCATED INSIDE BETHANY LUTHERAN CHURCH  
1655 BOULEVARD, WEST HARTFORD  
860-951-6382  
[moxiedance-center.com](http://moxiedance-center.com) for more info

Creative Movement

- Beginner & Teen
- Ballet
- Jazz
- Modern
- Hip Hop
- Adult Ballet & Modern



## Tiny Tot Day Care Center, LLC



Infants, Toddlers  
& Pre-school programs

Ages 3 months to 5 years  
7:00 AM - 4:30 PM

Affordable, Quality care  
in a Home-like atmosphere

**860.666.5085**

Lic #12044

## SHAMROCK SCHOOL OF IRISH DANCE, LLC



The Premier Irish Dance  
School serving the  
Greater Hartford area.

**Summer Session Week:**  
Aug. 14-17, 2017

**Now accepting Registration**  
for Summer and Fall 2017

**CONVENIENT LOCATIONS:**  
West Hartford  
Simsbury & Plainville

For details visit us at [shamrockdancestudio.com](http://shamrockdancestudio.com)

**Facebook:** The Shamrock School of Dance

**Call** 860-508-5355 or **Email:** [shamrockbarry@att.net](mailto:shamrockbarry@att.net)



## Back to School

tious snacks to junk food.

"Definitely comfort foods," she said are popular items, along with seasonal products, and recipients are always happy to receive the packages she delivers.

Whole Foods Market can get goodies to college campuses through its Pantry Perfection baskets with a variety of themes such as Good For You Goodies, The Pantry Pleaser and Snack Attack Basket. Custom gift baskets can also be ordered that contain any product available in the store. Kosher, gluten-free, vegetarian, vegan and other special diets can be accommodated. Local delivery is available, with rates and times dependent on location. The market's website will get you to this option.

Another option, said Brie George, associate store team leader at the West Hartford store on Raymond Road, is the Instacart app. It allows you to place an order for any item in the store – from bakery and bulk goods to deli, dairy and more – and have it delivered locally or made ready for pick up.

"A lot more healthy snacks are popular with young people," she said.

These include jerky, paleo foods, low-sugar choices, trail mixes, nuts and grain-free items.

"Any kind of protein or energy bars are popular," she said, adding

that young people are leaning toward any kind of gluten-free or grain-free chips, along with probiotics.

"Caffeinated energy drinks are hugely popular, and the natural energy drinks that we carry."

Stew Leonards currently offers gift baskets that include a gallon of brownies, a healthy snacks selection, a bucket with three kinds of popped corn, or a choice of coffee cakes. More options are available when the weather is cooler.

Care packages can be customized, but because they are shipped from a production facility, only items shown are available. For instance, because pistachios are available in one of the baskets, ground coffee is in another, and cheese and fruit are in a third, those items can be combined into a special order.

What's offered depends on the season – with many perishable items not available to ship during the heat of summer. During holiday seasons, customizing is not available.

Most colleges are affiliated with a company offering care packages.

The Care Package Program at the University of Connecticut is run by Our Campus Market, which services more than 1,000 universities, said Pat, a customer service spokesperson at the Pennsylvania-based company.

Parents can choose from a variety

of online options such as an assortment of snacks, treats and drinks, or a Halloween-themed package.

Food, however, is not the only option, she said.

Bedding packages, for instance, come in 11 choices and are guaranteed until graduation. Trash cans, rugs, appliances, pillows, mirrors, storage options and just about anything a student needs can be ordered.

Normally, she said, parents will send something in the fall to help their child settle in and again in the spring before finals. Birthdays also frequently prompt sending packages – some complete with cupcakes.

In many instances, orders can be customized for such things as special diets and allergies, Sue said.

At the University of Hartford's online Campus Store, 42 different care packages are available. There is one that comes with a knit beanie, lip balm, hand warmers, instant soups and oatmeal, and hot cocoa and another that is full of healthy soups and teas. A collection of 50 snacks and treats is another option likely to be popular.

When it comes to packing up goodies to send to children away at school, Mark Coppolelli, owner of the UPS stores in Cromwell and Wethersfield, suggested that items be placed securely in airtight decorative

tins or disposable plasticware.

"Ensure baked goods are cool before packing. When shipping multiple items, pack the heaviest ones on the bottom and ensure all items are tightly sealed. Never leave air pockets in containers; fill gaps with air-filled wrap so the goodies look as good on arrival as they did when they left the oven," he said, offering this hint, "An empty Pringles can makes a good cookie cutter and storage container."

Pack items in a new corrugated box and never use string or wrap it in kraft paper. Provide at least two inches of cushioning on all sides using appropriate packaging techniques and materials, such as bubble cushioning, polystyrene peanuts, corrugated dividers or plastic foam – paper will not hold its shape during transit.

"UPS Store franchisees receive specialized training so we can handle any packing challenge," Coppolelli said.

According to a survey conducted by The UPS Store, once the excitement of independence wears off, 67 percent of college students find what they want most is a taste of home delivered to their mailbox.

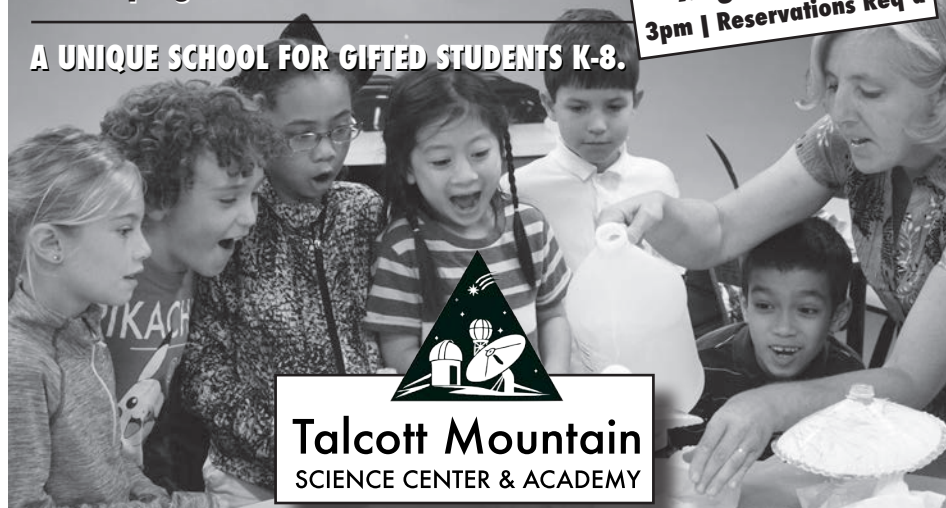
"Be the dorm favorite – more than 70 percent of students surveyed wanted to share their care packages with friends and roommates, so pack enough to go around," he added. **WHL**

Limited spaces available for K-8, Fall 2017. Call or visit today!

**Inspiring Discovery.  
Exploring Potential.  
Developing the Leaders of Tomorrow.**

**A UNIQUE SCHOOL FOR GIFTED STUDENTS K-8.**

**CAMPUS TOURS**  
Thursdays  
Aug. 3, 10, 17  
3pm | Reservations Req'd



**Talcott Mountain**  
SCIENCE CENTER & ACADEMY

Montevideo Road | Avon, CT | 860.677.0035 | talcottacademy.org

## HARTFORD ORTHOPEDIC SURGEONS

Sports Medicine • Spine Surgery • Shoulder Surgery • Hand and Upper Extremity Surgery  
Joint Replacement (hip and knee) • Workers' Compensation Cases



John J. Mara, MD



Robert W. McAllister, MD



Randall J. Risinger, MD



Aris D. Yannopoulos, MD



Kevin Belanger, PA-C



Christopher Berube, PA-C



Wayne Perosky, PA-C



Elyssa Roberts, PA-C



David Woodworth, PA-C



Allyson Forsyth, PA-C

Visit our Urgent Care facilities in Avon and Manchester for prompt treatment of sprains, strains, aching joints, sports injuries, hip pain and back pain without an appointment



HARTFORD • 860.525.4469  
1000 Asylum Ave., Ste. 2108



AVON • 860.751.6039 MANCHESTER • 860.432.4640  
31 Ensign Dr. 277 W. Middle Tpk.

**URGENT CARE**



# Making a move

Revival Home settles into its new space on New Park Avenue

by Alicia B. Smith  
Associate Editor

Photos by Alicia B. Smith

Sean and Arlene Carr, owners of Revival Home, are celebrating their 10th year in business and a relocation to a new storefront on New Park Avenue.

**L**ike many of the homeowners they serve, Revival Home found itself in one of those situations where there simply was not enough room. They had already expanded the store five years ago and still they needed more space.

It might be easy for a homeowner to haul some unused piece of furniture up to the attic or put it in storage, but for the consignment home furniture and décor shop, that was not an option. So the next best thing was to move.

Owners Sean and Arlene Carr found the perfect spot in the Home Design District in town and were scheduled to host a grand opening July 24.

The couple looked throughout the state and decided to stay in West Hartford.

"We loved our clients here," Sean said.

The new space at 588 New Park Avenue is larger, enables them to display items in one large space rather than in two smaller storefronts and has on-site parking. The space is also surrounded by other home-related businesses and they felt they would fit right in with the existing options there.

"It's probably the biggest space in West Hartford where we could do

business," Sean said.

They are also relocating at a great time with the installation of the busway and the opening of the brewery and food truck park, all of which will bring in people to the area.

Once the new lease was signed the couple slowly began to move items from their South Main Street location to their new space.

The couple lives in Glastonbury. Their backgrounds are in retail, finance and art direction. Both had worked at Filene's and that is where they met. When Sean lost his job through a merger, he happened to read an article about the dawn of eBay. According to what he read, executives who were out of work, like himself, were turning to this new-at-the-time online sales website to earn a living. He decided to try it.

The one downside was that he could not sell larger items and soon he and his wife turned their thoughts to opening a store. Sean had his eye on the empty space left by Daswani, a men's clothing store.

"It was a great spot for us," he said.

Their online business has continued along with the shop that is

full of gently used furniture, from lamps and tables to credenzas and artwork and more.

The consignment shop gets its inventory from estate sales and from people looking to sell their own items, some of which they may have inherited. A client can send a photo and receive an estimate on what Revival Home could sell the item for in its store or online avenues. They offer a four-month consignment, after which time, if the item has not sold it goes to auction, if it does not sell there it will be donated. Revival Home takes 50 percent of the sale price and works with a moving company to bring items to customers' homes. They also work with a leather repair specialist and an upholsterer.

While the business is located in West Hartford, they have sold items to interested customers around the country.

"We sell everywhere; you have to be online to survive," Arlene said.

When the couple opened their business, their goal was to create a high-end consignment shop for furniture and home décor. Using their art-related backgrounds, they arranged small vignettes

of furniture in the shop, creating a comfortable, spacious atmosphere.

Customers are looking for quality items at a good price and have no qualms about purchasing a used piece.

"A lot of the older pieces we have are better made than what is coming out new in furniture stores," Arlene said.

Many younger people these days, she said, are not interested in owning or maintaining fine china or silver.

There is a market, however, for people who do.

"My kids don't want it," is something Sean said he hears often from clients looking to sell their finer pieces.

Something like silver can be sold in a week, he said, adding Herend china is also very popular right now.

Also in demand is anything mid-century modern.

"It's so hot right now," Arlene said, adding that mahogany pieces are also selling well and leather continues to attract customers.

Customers, Sean said, are looking for a one-of-a-kind piece or something special that others may not have.

"The quality is the most important thing," Sean said.

Furniture shopping can be a seasonal endeavor, Revival Home





Revival Home has moved to 588 New Park Avenue.

has found.

For instance when fall comes around, customers come in looking for dining room sets in preparation for the upcoming holidays.

"Our customers here locally are looking for mostly traditional, Chippendale, mahogany and wood pieces," Arlene said.

As the owners have transitioned into their new space, they planned a week-long grand opening 20-percent-off sale with a portion of the proceeds to be donated to Breast Friends, a nonprofit cancer support

group, in honor of Arlene's mother,

Tita Quintans, who passed away from breast cancer one year ago.

Quintans, who lived in New York, was a willing volunteer who on her visits to Connecticut enjoyed coming to the shop to "work."

"She'd come, sit in the store, she loved it," Sean said.

"West Hartford is a great place to do business," he said, adding that the shop has attracted customers from Avon, Farmington, Glastonbury, Bloomfield and Hartford. **WHL**

*Revival Home is located at 588 New Park Avenue. For more information visit [revivalhomestore.com](http://revivalhomestore.com).*



The store had been on South Main Street for 10 years.

# What did you do this summer?

## Send us your photos!

Your winning photo may be the cover to one of our LIFE editions for September! You may enter more than one photo. Photos should be high resolution.

**Enter early!**  
**First 5 entries**  
 receive a \$50 gift certificate  
 to Classic Hotels. Enjoy brunch, lunch or dinner at Avon Old Farms Hotel or Simsbury Inn.

Email your photos to: [photos@turleyct.com](mailto:photos@turleyct.com)

**[www.TurleyCT.com](http://www.TurleyCT.com)**  
 860-651-4700 • 540 Hopmeadow St., Simsbury



Don't forget to include your full name, complete address, your phone number, where the photo was taken and a brief description.



# News roundup

By Executive Editor Abigail Albair

## Committee considers incentive-based zoning standards

The Town Council is planning to entertain an ordinance in the coming months to create new incentive-based zoning standards for the Central Business zone.

The Council's Community Planning and Community Services Committee reviewed a draft of the ordinance July 18 – the latest step in a process to foster development in West Hartford Center that is consistent with resident interests.

Last month, the Town Council formally adopted a Vision Statement and Guiding Principles for the Central Business zoning district for the Center to be considered by the governing body when evaluating future development in the BC zone, and to be shared with BC zone property owners considering redevelopment or new investments.

It was the conclusion of a lengthy public outreach process that began after the failure of two measures before the Town Council to increase the allowed floor area ratio for developments in the zone.

The ordinance that the committee reviewed recently would make no changes to the underlying maximum in the FAR allowance, but would give developers an opportunity in an Special Development District application to ask for an FAR bonus for specific types of development as a means of incentivizing growth to “derive some public benefit or good,” Town Planner Todd Dumais explained.

“It is believed that some targeted incremental intensification of development can be accomplished in West Hartford Center without negatively impacting surrounding residential neighborhoods, provided that it is done appropriately,” the draft ordinance reads.

One thing the ordinance looks to incentivize is affordable housing development. Per the draft, the number of units in such a development that are designated as affordable can be excluded in determining the maximum number of units permitted on a lot.

“In no case, however, shall the

total of all dwelling units provided exceed 115 percent of that allowed in the district,” it explains.

For example, Dumais said, with the maximum of 43 residential units per acre, “What we’re saying is you can build an additional 6 on top of that if 15 percent [of the development] is affordable.”

Infill developments are another type of development the town is hoping to attract. To do so, the ordinance would allow the floor area of the ground floor to be excluded in determining maximum FAR.

“We have more interrupted space within our Center of a non-activated or attractive street front than other communities, particularly on LaSalle Road and Farmington Avenue east of the Center,” Dumais said. “We’re trying to incentivize building out an attractive street wall ... so we’re not interrupted by broad expanses of parking lots.”

Corporation Counsel Pat Alair noted, however, “If you can’t park it, you can’t build it,” meaning any infill development would have to meet parking requirements within its SDD, so a building could not be put over an existing parking lot without sufficient spaces remaining.

With regard to parking, the ordinance would exclude the floor area of any private parking garage providing dedicated parking spaces for the use of residential or commercial occupants of the lot and/or invitees from determining maximum FAR, provided the parking garage is fully enclosed by landscaping, architectural screening, active commercial or residential spaces, and that it is located on the first story above finished grade or below ground.

Other incentives aim to attract historic preservation developments by excluding each square foot of floor area preserved within a historic building structure from determining maximum FAR, and to encourage public open space by excluding two square feet of floor area ratio in determining maximum FAR for each square foot of public open space provided.

The ordinance would also exclude 10 square feet of floor area from determining maximum FAR for each \$1,000 of installed cost of public art.

In all cases, in order for the FAR exclusion to be allowed, the Council would have to determine when considering the SDD application that “the development is of a contextually sensitive design and appropriate scale, that adequate parking exists to meet the demand of the existing and proposed development, that the development is in harmony with the open feeling and presence of natural light within the public realm of the district.”

It would also have to find there is “adequate street capacity to accommodate the traffic projected to result from any increased intensity of use, and “that appropriate bicycle and pedestrian amenities, such as but not limited to bicycle storage and/or parking, park benches and pedestrian walkways are provided,” the draft of the ordinance details.

The goal is to put the ordinance on an early September Town Council agenda so it can be set for public hearing.

## Streets will make way for cyclists, pedestrians

Bike West Hartford Inc. will host the second annual West Hartford CenterStreets next month. The event, which will take place Sunday, August 27 from 9 a.m. to 1 p.m. in a loop of West Hartford Center closed to car traffic so residents can walk, bike and enjoy the pedestrian environment, will also include a bike swap and a bike rodeo run by the West Hartford Police Department. Bike registration, food and entertainment will also be part of the activities.

The event was held for the first time last year to, according to organizers, demonstrate the support that exists in town for bicycling as a transportation and recreational option, to create an environment for safe, fun, community-centered exercise, to demonstrate to local businesses that bicyclists make good customers, and to build community spirit.

“When I was a kid there was a dead end at the end of our road, and that’s where all the activity would happen,” Scott Franklin, chair of the town’s Pedestrian and Bicycle Commission said before last year’s event. “To be able to close down the street and walk in the middle of Main Street, that’s an amazing thing.”

Bike West Hartford, Inc. is a nonprofit organization that advo-

cates for bicycle-friendly policies and programs in town. It and the commission have devoted the last several years to making changes in West Hartford. The town was designated a bronze level Bicycle Friendly Community by the League of American Bicyclists in 2015 and the town adopted a Complete Streets Policy two years ago to support improvements toward developing a road network that accommodates all road users.

Visit [bikewesthartford.org](http://bikewesthartford.org) for an updated schedule of rides. Email [info@bikewesthartford.org](mailto:info@bikewesthartford.org) with questions.

## Police, fire department members honored

Members of West Hartford’s fire and police departments were recognized on the state level in early July for their efforts in public safety.

Police Officer Brandon Dudzinski and Firefighter Brendan Coen were honored as the 2017 Police Officer of the Year and Firefighter of the Year by the Connecticut Department of the American Legion.

The pair was honored at the Legion’s 99th annual convention held July 6-8.

Dudzinski was named this year’s West Hartford officer of the year by Hayes-Velhage Post 96 in April.

He has been with the WHPD since 2008, during which time he worked in patrol before his current assignment in the Community Interaction Team. He is a department field training officer and a member of the Emergency Service Unit.

Coen was named a West Hartford Firefighter of the Year by Post 96 last October. The honor was bestowed as a result of his efforts to save the lives of two victims of a motor vehicle crash on Christmas Day, 2015.

The day of the accident, he was driving in Bolton after a shift in West Hartford to his part-time job as a dispatcher. He came upon a two-car accident on Route 6 – one vehicle had flipped and the passenger inside was deceased, while the other was upright and on fire with two passengers trapped inside.

Both victims were treated at the hospital and later released.

“With the increased workload and responsibilities placed on the



Fire Department since starting the paramedic program a year ago, all members of the department have stepped up and shined in their respective roles, so being recognized among my peers is an incredible honor," Coen said. "But the greatest reward is when we see the positive outcome of the residents and visitors of West Hartford who we serve daily."

Dudzinski also said the recognition belongs to all those in his department.

"With everything going on and the tough job that we deal with it's nice to be recognized," he said. "I'm given the opportunity to do what I do every day because of the amazing people, the men and women, that I get to work with."

### Community servant recognized

Ronit Shoham believes in helping others. Numerous endeavors on her part have stemmed from that belief over the years, and in recognition of her efforts Leadership Greater Hartford will honor her with the Polaris Award this fall.

Shoham will be one of four recipients of the award at an annual gala held at The Bushnell Center for Performing Arts. The award recognizes individuals "for their vision, skill, and courage in serving the Greater Hartford community and for being guiding lights for others to follow, especially during these difficult and turbulent times," according to a press release.

As a founder of the West Hartford Little League, it's Challenger Division and the Miracle League of Connecticut and the Miracle Field, which allows children with physical and mental challenges to play baseball, Shoham, who is described as a "whirlwind of activity," is also a driving force behind Jonathan's Dream Re-Imagined – the ongoing initiative to rebuild one of America's first inclusive, accessible playgrounds on the grounds of the Mandell JCC – and The Underground, which is a safe location for teenagers to gather.

In 2013, she founded Cut Out Cancer, a nonprofit that provides free salon and spa treatments to cancer patients once a month.

Over the years she has served as a volunteer for the Hartford Jewish Coalition for Literacy and Loaves and Fishes Soup Kitchen, and as a board member for Beth-El Temple



**West Hartford resident Ronit Shoham will be one of four recipients of the Leadership Greater Hartford Polaris Award this fall. She will be honored for her efforts to better the Greater Hartford community through a variety of volunteer activities.**

and Community of Concern. She has led numerous fundraising initiatives and otherwise worked to benefit a variety of areas of the community.

For Shoham, all of her volunteer activities have had an impact on her own life.

"I guess if I look at my heart as a pie, they're all a piece of the pie that makes up my heart. They all are special to me in a different way. They're all part of who I am and make who I am," she said.

Shoham received the Noah Webster Award from the West Hartford Chamber of Commerce in 2008 and the Stars for Kids Award – Mayor's Award from the West Hartford Kiwanis Club, chosen by Mayor Scott Slifka, in 2015.

Shoham came to America in 1982. Prior to her arrival, she worked as a social worker in the Israeli Army. Once in Connecticut, she earned two bachelors degrees from Central Connecticut State University and a Master of Science in reading and language.

The Polaris Awards Gala is set for Oct. 18 at 5:30 p.m. For more information, visit [leadershipgh.org](http://leadershipgh.org).

"I really feel very humbled. I feel very honored. I feel very grateful," Shoham said of the award. "I never stop to think why I do what I do, I just do it. It feels good because you get a lot more when you give."

### Grants received

The West Hartford Fire Department received a FEMA Assistance to Firefighters Grant totaling \$551,194 June 23.

According to a statement from Fire Chief Gary Allyn, "The money will be used to replace all 53 of the department's self-contained breathing apparatus, the air compressor at Station 2, and training on the apparatus, including the fall live fire training at the Connecticut Fire Academy."

The current SCBAs and air compressor are more than 20 years.

Leon Davidoff, deputy mayor and chair of the Town Council's Public Safety Committee, praised town administrative staff responsible securing the funds.

"Our firefighters bravely serve our community and it is essential that they have the necessary safety equipment to perform their duties and to stay compliant with national standards," he said in a statement. "Additionally, as a result of this generous federal grant, the Town Council will not have to appropriate local tax dollars for these self-contained breathing apparatus units."

West Hartford was one of four towns in Connecticut to receive the funding, along with Fairfield, which received \$100,717, Ledyard, which received \$242,096, and New Milford, which received \$45,455.

### Potential UConn purchase due diligence date extended again

The outside due diligence date for the town of West Hartford to evaluate the University of Connecticut site it plans to purchase was extended again at the end of June.

The town first entered a purchase and sale agreement for the sale of the UConn campus at the corner of Asylum Avenue and Trout Brook Drive in July of last year. Under that agreement, the town began conducting environmental and other inspections with an initial close to that due diligence period set for October 12, 2016. That date has since been extended multiple times as town inspections found areas of concern due to PCBs found in some buildings and soil.

The debate about whether or not the town should purchase the site at all began more than a year ago, when the university was engaged in discussions with a third-party purchaser. Ultimately, the town negotiated a \$5 million purchase price and entered the purchase and sale agreement

Town Manager Ron Van Winkle advised the Town Council in February that, due to fiscal pressure brought on by the state budget and

significant cuts contained within it in funding to municipalities, the time may not have been right for the town to buy the parcel for that amount.

In May, the Town Council voted on party lines to amend the agreement and authorize the town manager to offer the university \$1 million for the site. Democrats favored the revision and Republicans opposed it, ultimately voting 5-3 on the motion after a lengthy discussion.

The new price was negotiated following the discovery of the PCBs and the resulting estimated \$420,000 in remediation costs required for the 58-acre parcel and the five buildings on site.

The town has already made a \$250,000 deposit on the site that is non-refundable, so the remaining balance of purchase cost will be \$750,000 – an amount the town has already set aside in its Capital Non-Recurring Expenditure account for an expected next payment at the end of the due diligence period – and the town has invested an additional \$180,000 for its site investigation.

The due-diligence period for the purchase – tentatively set to close in October when the university intends to relocate its campus to downtown Hartford – was supposed to end in March, at which time the contract would have been voided. The town asked the university for an extension until two weeks after the state budget adoption, but told UConn it should feel free to seek another buyer.

In response, Richard Orr, vice president and general counsel for UConn, offered to extend the outside diligence date to May 1. It was then again extended to May 19 and, subsequently, to June 23. The new due diligence date is September 15.

The purchase will have to come back to the Town Council in the future for final approval, and funds for the transaction will need to be appropriated. Even though the town currently has the \$750,000 set aside in CNRE, bonding will also be considered as an option for the payment.

Once the town does own the property, if the sale is completed, public meetings will be held in the process to determine a future use for the site. **WHL**

*This is a compilation of news that appeared over the last month in our sister publication The West Hartford Press. To read news weekly, pick up a copy of visit [turleyct.com](http://turleyct.com) to request home delivery of the paper.*



# Where to FIND IT



## Dressing up a dresser

This Art Deco dresser with a waterfall front has had some special touches added to it, including brass handles and a backlight. The piece dates back to the 1930s or '40s and has been painted in jadeite green chalk paint with a wax finish. This fun piece, and many others like it, can be found at Blaze and Bloom, 485 New Park Avenue. *For more information call 860-930-5889 or email blaze.bloom@yahoo.com.*



## Double duty

Get a hidden bar cabinet at Holland Kitchens and Baths. Now you see it, now you don't. Slide the doors out to reveal the bar, and back to the center to turn the unit into a bookcase. If this makes you want to remodel, services include everything from drafting a design to complete installation. *For more information, visit Holland Kitchen and Bath at 590 New Park Avenue or call 860-236-3111. The website is hollandkitchens.com. WHL*

**\$5.95\*/day**  
**\$35.70\*/week** **Self-Park**



**SELF PARK**

\*Sales tax, airport access fee and fuel surcharge additional

- Dead battery assistance at no charge
- Shuttle picks you up right at your car
- Park your car & keep your keys
- 24-hour shuttle to/from terminal
- Security Patrol On-Site

**(860) 627-4931**

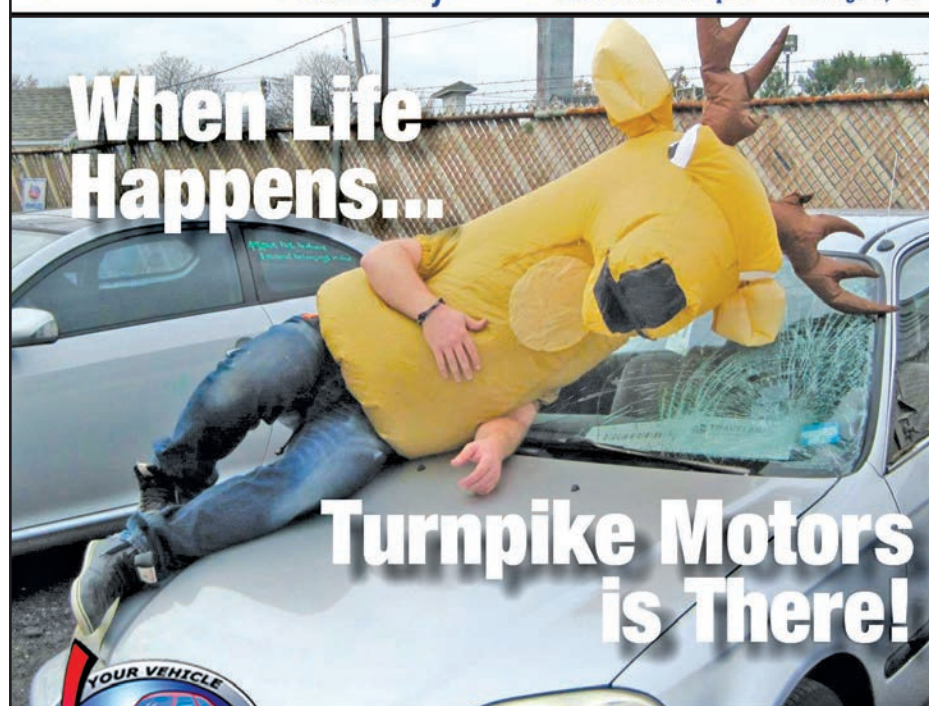
[www.galaxyselfpark.com](http://www.galaxyselfpark.com)

**One minute away from Bradley**

## TurleyCT Community Publications

Life Publications The Valley Press The West Hartford Press  
**To advertise call 860-651-4700 • TurleyCT.com**

**Turnpike Motors 860-666-3319**  
Autobody 2550 Berlin Turnpike • Newington, CT



**Turnpike Motors  
is There!**



**f /turnpikemotors**

**www.TurnpikeMotors.com**



## LIFE with Pets

# a new leash on LIFE

## Tisha Marie

Tisha Marie is a beautiful calm, friendly girl who has been waiting a long time for a home. We believe it is because she needs a daily pill as an appetite stimulant, which she takes with no problem. She has a sweet personality and a lot of love to give. While a little cautious at first meeting, Tisha Marie warms up quickly.

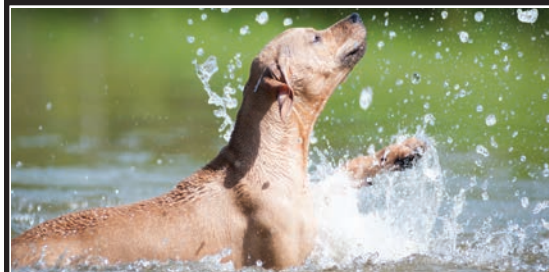
*If interested in adopting her, call Animal Friends of Connecticut at 860-827-0381 for more information.*



## Toby

Toby is a loving 1-year-old Black Mouth Cur just breaking out of his puppy stage. He is a quick learner, but needs a family committed to training him. He's an active dog who enjoys running around, catching balls and cuddling during long midday naps. He wants to follow people around the house and join the party. He is housebroken, crate trained and learning basic commands. Toby also has a slight obsession with socks. He is fine with small caged animals, but does bark at other dogs and strangers – but it's not aggressive, he just wants to meet them and play. A fenced-in yard would be the best option. **WHL**

*For more information visit online at [www.addicuslegacy.org](http://www.addicuslegacy.org)*



## PET SUPPLIES PLUS®

Keeping you happy.  
Minus the hassle.

Sale prices valid July 27 - August 23, 2017

# \$5 off

**Your Purchase of \$35 or More**  
Must be a Preferred Pet Club Member

STORE COUPON. May be redeemed at participating Pet Supplies Plus locations only. Must be a Preferred Pet Club member. One coupon per household please. No cash value. May not be combined with any other total purchase offer. OFFER VALID thru August 31, 2017.

**SAVE up to \$10**

15% off Starting at \$11<sup>99</sup> each with card

**Nutro Wholesome Essentials, Wild Frontier, Grain-Free, or Ultra Dog Food**  
4-30 lb. Bag, All Varieties

**Nutro**

**NUTRO. FEED CLEAN.™**

20% off Save up to \$8 each with card

**Nutro Wholesome Essentials Cat Food**  
3-14 lb. Bag, All Varieties

**July 27 - August 9**

**2 WEEKS ONLY! Tail Waggin' Deals**

**August 10 - 23**

**SAVE \$160** Starting at \$11<sup>99</sup> each with card

**20/\$11**

**Fancy Feast Cat Food**  
3 oz. Can, Select Varieties

**SAVE 10¢** Starting at \$11<sup>99</sup> each with card

**65¢**

**Cesar Dog Food**  
3.5 oz. Tub, Select Varieties

**Flea & Tick**

**Seresto**

**SAVE \$54<sup>99</sup>** Starting at \$54<sup>99</sup> each with card

**Seresto Flea & Tick Collars**  
For Dog or Cat

**Advantage**

**SAVE \$25** Starting at \$25<sup>99</sup> each with card

**Advantage**  
6 ct. Spot On, All Sizes

**SAVE \$6** Starting at \$19<sup>98</sup> each with card

**IAMS Dog Food**  
30.5 lb. Bag, Select Varieties

**SAVE \$4** Starting at \$19<sup>98</sup> each with card

**IAMS Cat Food**  
16 lb. Bag, Select Varieties

**SAVE \$5** Starting at \$22<sup>98</sup> each with card

**Pedigree Dog Food**  
50 lb. Bag, Adult Complete Nutrition or NEW! Steak & Vegetable Dog Food

**SAVE \$4** Starting at \$13<sup>98</sup> each with card

**Tidy Cats Scooping Litter**  
40 lb. Box, Select Varieties

**SAVE up to \$3** Starting at \$8<sup>98</sup> each with card

**PUP-Peroni** 25 oz. Pkg., **Beggin' Strips** 25 oz. Pkg., **Busy Bones** 21 oz. Pkg., Select Varieties of Dog Treats

**SAVE up to \$3** Starting at \$9<sup>98</sup> each with card

**Milk-Bone Dog Biscuits**  
7-10 lb. Box, Select Varieties

**10/\$7** Starting at \$9<sup>98</sup> each with card

**Pedigree Dog Food**  
13.2 oz. Can, Select Varieties

**SAVE \$4** Starting at \$29<sup>98</sup> each with card

**Purina ONE Dog Food**  
27.5-31.1 lb. Bag, Select Varieties

**SAVE \$5** Starting at \$13<sup>98</sup>-\$15<sup>98</sup> each with card

**Greenies Dog Treats**  
12 oz. Pkg., All Varieties

**SAVE up to \$3** Starting at \$9<sup>98</sup> each with card

**Outward Hound Dog Toys**  
Select Styles and Sizes

**SAVE up to \$4** Starting at \$15<sup>98</sup>-\$25<sup>98</sup> each with card

**Petmate Replish Feeder or Waterers**  
Select Sizes

**SAVE \$5** Starting at \$29<sup>98</sup> each with card

**PetSafe 3-in-1 Harness**  
All Sizes in Black

**Best Price Guarantee!**

We will match any local or online retailer's advertised price with ad verification. Participating stores only, check with your store for details.

**CONNECTICUT STORES ARE FAMILY OWNED AND OPERATED.**

**BRISTOL**  
1168 Farmington Ave.  
860.585.5544

**GROTON**  
646 D. Longhill Road  
860.446.0022

**MANCHESTER**  
283 W. Middle Tpk.  
860.533.9780

**WEST HARTFORD**  
2480 Albany Avenue  
860.570.2461

**WETHERSFIELD**  
1773 Berlin Turnpike  
860.563.3110

**WETHERSFIELD**  
1142 Silas Deane Hwy.  
860.563.3510



# Real Estate

## BRAND NEW APARTMENTS HOMES AVAILABLE AT THE OLD TALCOTT MILL APARTMENTS IN VERNON, CT www.talcottmill.com

Historic Talcott Mill, LLC, through its Managing Agent DeMarco Management Corporation, is pleased to announce the new housing opportunity available at Old Talcott Mill. Applications are now being accepted and the property is anticipated to be ready for occupancy in June 2017. Old Talcott Mill is a Workforce Development Housing Community located at 47 Main Street in Vernon, CT within the Talcott Historic District in Vernon, CT. The rehabilitation of Talcott Brothers' Mill offers eighty three (83) residential units. Units will be offered to individuals and families having an annual household income at and not exceeding 60% of the HUD AMI for Tolland County. Income Limit Restrictions Apply. Applications are available at DeMarco Management Corporation in person at 117 Murphy Road in Hartford, CT; by phone (860) 951-9411; by contacting the ATT Relay number 711 or via email at info@talcottmill.com. Applications will not be available at the Property.

The residential space includes a mix of differently sized studio, one bedroom, and two bedroom apartments with rents starting at \$886 - \$1122 with heat and hot water included in the rents. The property offers spacious unique floor plans, fully-applianced kitchens, on-site laundry facilities, fitness room, central air, accessible units, community room and Historic Mill Exhibition.

This development is financed through the Connecticut Housing Finance Authority (CHFA), receives state grant funds from the Department of Housing (DOH), with State and Federal Historic Rehabilitation Tax Credits. Income Restrictions Apply.



Equal Housing Opportunities



## WILLIAM RAVEIS

REAL ESTATE • MORTGAGE • INSURANCE

### The Susan Brine Team of William Raveis Real Estate



**Susan Brine**  
susan.brine@raveis.com



**Allison Sharlow**  
allison.sharlow@raveis.com



**Kate Wells**  
kate.wells@raveis.com

*When You Buy Or Sell With The Susan Brine Team You Will Get:*  
**Full Coverage • A team working for you**

**Call Or Email Us Now**  
**And We Will Start Working For You – 860.930.7707**



C 860.985.7807 | O 860.521.4311  
ROBINGEBRIAN.RAVEIS.COM | ROBIN.GEBRIAN@RAVEIS.COM  
125 LASALLE ROAD | W HARTFORD | CT 06107



### 10 Wampanoag, West Hartford

Golfer's paradise! Enjoy views of the beautiful green manicured course or join the club and walk to play! Situated in this convenient location for NWC High School and St. Timothys sits this beautifully updated Colonial with its expansive yard and numerous amenities. Beautifully cared for and improved by the current owners, this is the home you want to buy. Gorgeous granite kitchen with a huge island/breakfast bar and stainless appliances; an oversize master bedroom with a full bath, and a lower level (467 sq ft more) family room with great space for movie night with friends! Summer entertaining is easy from the spacious sunroom or the fire pit in the backyard. Don't miss seeing this gem! \$379,900

**raveis.com**

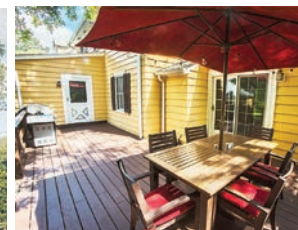
"The best website in real estate"

125 LaSalle Road, West Hartford • 860.521.4311

## WILLIAM RAVEIS

REAL ESTATE • MORTGAGE • INSURANCE  
The Largest Family-Owned Real Estate Company in the Northeast

### WEST HARTFORD



Stately 4 Bedroom Colonial so close to everything yet so peaceful with an oversized private backyard. This house has it all! Formal living room with a great fireplace, dining room, Family room with additional fireplace, office, eatin kitchen, Mudroom, oversized deck! 3-1/2 baths!

**Call me for a private showing 860-306-1927**

*Suzanne Walsh*

Cell: 860-306-1927 | SuzanneWalsh.raveis.com  
Suzanne.Walsh@raveis.com | 125 LaSalle Road | West Hartford | CT 06107





# Real Estate

Looking for  
a realtor who  
puts your  
future first?



[brodergroup.com](http://brodergroup.com)

At William Raveis Broder Group, we don't just help you buy or sell— we help you make the right choices for today and for the years to come. We take the time to understand where you want to go in life and help you consider the options that will open up the future you see for yourself.

*We're from here, so we know here.*

Our team has deep local roots and is committed to doing its part to build a strong community that works for everyone. Before anything else, we focus on being good people, always looking out for the welfare of our clients. From asphalt to attic, initial offer to final inspection, we help you navigate all the ins and outs to your advantage.

Broder Group is West Hartford's premier real estate team and we are ready to help you find the future you are looking for.

Put us to work!  
**860.313.1300**

43 North Main Street  
West Hartford



**WILLIAM RAVEIS**  
REAL ESTATE • MORTGAGE • INSURANCE





**West Hartford**  
STONE & MULCH

Quality Top Soil & Mulch & Gravel  
Sand Products & Colored Stone  
Great Prices and Outstanding Customer Service  
Construction and Design Services

**860-461-7616**

154 Reed Avenue, West Hartford, CT 06110    WestHartfordStoneandMulch.com

**Delivery & Installation Services Available**

**\$10 OFF**  
ANY PURCHASE OF  
\$100 OR MORE  
Mulch • Top Soil  
Stone • Gravel  
Expires 8/31/17

**10' x 10' Kitchen \$2,346.00**  
**AUGUST SPECIAL**



- WHITE SHAKER CABINETS
- ALL WOOD CABINETS
- DOVE TAIL DRAWERS
- SOFT CLOSE DRAWER GLIDES
- FINANCING 3.99%
- MORE STYLES TO CHOOSE FROM

**Roman Woodworking**  
ROMAN ENTERPRISES LLC.  
Since 1987

HIC. 0576953  
**860.490.5989**  
**ROMANWOODWORKING.COM**

**D.H. Radomski** **Spring Sale!**  
Call today for off-season pricing!

**HOME IMPROVEMENTS**  
www.dhradomski.com

26 Stedman Street  
Hartford, CT  
860-296-3405

Fully licensed and insured  
CT Reg. #509749

We can also work at the shoreline at your vacation home!

**FREE Estimates**

**Roofing • Siding • Windows**  
**Doors • Gutters • Decks**  
**Gutter Guards • Porch Enclosures**

**FRANKLIN**  
**Painting LLC**

*Interior & Exterior Residential Specialists*

"Check" us out:



- ✓ On time, courteous professionals
- ✓ Written satisfaction guarantee
- ✓ Call for a quote today!
- ✓ Staff Color Consultant on call
- ✓ Get Peace of Mind & A New Look
- ✓ No Hassles or Headaches

**877-646-7774**





 **Wild Rose**  
LANDSCAPE DESIGN



- Over 10 years' experience
- Plantings, patios, pools, and more
- CAD drawn, labeled plans
- Virtual landscape photos
- Master Plan or single area

**Candace Kearney**  
wildrose915@cox.net  
www.wildrosedesignct.com **860.414.4384**

**Polish Aid Agency**  
*Insured & Bonded*

**Live-In Services are available Providing:**

- Companions
- Nannies
- Housekeeping
- Cooking
- Home Care

**Phone: (860) 229-6611**  
**Fax: (860) 229-6613**

310 Broad St.  
New Britain, CT 06053

**www.polishaidhomecare.com**

**Tankworks**  
Removal & Replacement LLC

The Name to Remember For The Removal & Replacement of Above & Underground Fuel Tanks.

**Call us Today for a FREE Estimate!**  
**860-646-3348**

Rose V. Rainville, Owner  
Lily Rainville, Operations Manager  
TankworksCT.com

Reupholstery • Slipcovers • Fabric • Furniture • Custom Window Treatments • Wallpaper • Flooring

**SUMMER SALE**



**REUPHOLSTER a SOFA or 2 CHAIRS for \$529\***

\*Plus the cost of our fabric

**10% OFF ALL FABRICS**  
\*Previous orders do not apply. Must present coupon at time of order.

Old Lyme 860-434-4242    Hartford 860-244-3475    Toll Free 877-688-3475

Family owned & operated showroom & workroom since 1929  
**EHRlich DECORATING & UPHOLSTERY LLC**  
\*Previous orders do not apply. Only applies with purchase of our fabric.  
Showroom & Workroom 3324 Main Street, Hartford, CT  
www.ehrlichdecorating.com

Not Affiliated With Ehrlich Interiors in Farmington

**Water Problems?**

**30+ Years of Stopping All Types of Water Leaks!**

From Roofs to Basement Waterproofing

Hatchway Stairwells • Foundation Cracks  
Window Wells • Chimneys  
— Slate and Flat Roof Repair —

*Entrusted to work on churches, schools, hospitals and other landmark institutions as well as the residential market since 1983.*

**Just Google JP Bachand Contracting for website and more.**

**JP Bachand Contracting**  
**860-666-9737** Newington  
CT Department of Consumer Protection Reg. # 0511842

**We Clean Windows and Gutters**  
so you don't have to!

*Commercial and Residential*

- Free Estimates
- Uniformed
- Fully Insured & Bonded
- Reliable

**FISH**  
WINDOW CLEANING®

**860-249-1558**  
**www.fishwindowcleaning.com/3053**





**EXPERT TREE CLIMBERS  
CRANE TREE REMOVAL  
FIREWOOD • STUMP GRINDING  
LANDSCAPING**

Leave your treework to an expert and save!

**5% OFF**  
Any Treework

Expires 8/31/17



**Rick Sotil**

Certified Arborist S-5390  
Insured & Licensed #0621784

**860-844-8250**

FREE ESTIMATES  
sotiltreeservice@hotmail.com

Visit our custom wood furniture  
showroom-tablesbylisa.com

All workers OSHA certified



*The Dutiful  
Daughter*

Downsizing? Moving?

Settling an Estate? Cutting Clutter?

We are your downsizing and content removal specialist. We can clear one room, garage or entire house. All items are sorted to be sold, donated or disposed to help ease the burden and make you feel comfortable with how your things are being handled.

FREE ESTIMATES

**860.432.5503**

[www.TheDutifulDaughter.com](http://www.TheDutifulDaughter.com)

**ANDY WOTTON  
PLUMBING &  
HEATING, LLC**  
**(860) 833-8153**

Old fashion, honest, reliable service at a reasonable price. All residential plumbing, repairs done from leaky faucets to snaking your main drain.

**Call today and we will show you quality still makes a difference!**



#P1-0282605 #S1-0402048

**Tree Service**



Tree Removal  
Pruning  
Arborist Inspection  
Stump Grinding  
Lot Clearing  
Landscaping

**24 Hr Emergency Service Available**

Licensed and Insured  
Call for a Free Estimate  
OSHA Trained Staff  
Licensed Arborists Lic. # B3261

**860-983-1377**



**American  
LANDSCAPING llc  
& TREE SERVICE**

**Everything for Your Home**

Seamless Gutters & Gutter Protection Systems

Vinyl Siding

Trim Fabrications

Roofing

Windows & Doors

Complete Residential & Commercial Property Management

Free Estimates, No Pressure

**MAGEE  
COMPANIES**

Remodeling Contractors  
Property Managers

*Professionalism Since 1972*

Deck & Railing Systems  
Landscaping & Grounds Maintenance  
Kitchen & Bathroom Renovations including Granite Countertops

Licensed: CT - HIC: 0510051 • CT-CAM: 0000680 • Fully Bonded & Insured • In-House Employees

**860-953-2200**

7 CODY STREET • WEST HARTFORD, CT

**MageeCompanies.com**

**WINNER!**  
**BEST OF  
Hartford  
MAGAZINE**

**2010  
2011  
2012  
2013  
2015  
2016**







## MAGLIERI

**construction & paving inc.**

**QUALITY & SERVICE**  
Since 1975

*Commercial & Residential*



Call For  
**FREE**  
Estimates

**DRIVEWAYS • PARKING LOTS  
ROADWAYS • CURBING  
EXCAVATION • GRADING  
DRAINAGE • MILLING  
SEALCOATING • RECLAMATION**

**860-242-0298**

Licensed & Fully Insured LIC # 523704

39 West Dudley Town Road, Bloomfield  
[www.maglieri-construction.com](http://www.maglieri-construction.com)

## WE'RE THE GOOD GUYS

**CUSTOMER SATISFACTION • NEAT, CLEAN, PROFESSIONAL**  
Professional Dependable Company • All Aspects Of Electrical Work

- General Repairs • Home Inspection Repairs • Outdoor Lighting
- Motors & Generators • Fire Alarms • Security • Computers
- Remodeling Bathrooms, Kitchens, Basements • Roof Deicers
- Bath Fans/Paddle Fans • Fuses Upgraded to Circuit Breakers
- Cable TV Wiring • Bucket Truck • Electrical Repairs to Existing Wiring

**All Work Guaranteed • Same Day Service**

## AA ELECTRICAL SERVICES



ELECTRICAL  
E1-102626

**860-953-8830**

[www.connecticut-electrician.com](http://www.connecticut-electrician.com)

134 Reed Avenue • West Hartford



An advertisement for Nicolock paving stones and retaining walls. It features a photograph of a landscaped area with stone pavers, a fire pit, and a retaining wall. The Nicolock logo is in the top right corner. A starburst graphic in the bottom left corner reads: '10% OFF NICOLock Pavers &amp; Retaining Walls In Stock/Full Pallets Only. Restrictions apply. Expires 8/30/17'. Below the photo, a banner lists: 'Walkways • Patios • Retaining Walls • Firepits • Decorative Stone • Mulch • Topsoil'. The Cedar Mountain Stone &amp; Mulch logo is at the bottom left. Contact information at the bottom right includes: '1943 Berlin Turnpike • WETHERSFIELD', '860.563.9200', and 'www.cedarmountainstoneandmulch.com'. A Facebook logo with the text 'Like us on Facebook' is also present. At the very bottom, it says 'One of Greater Hartford's Largest Retail Distributors of Landscape Products'.





Proudly serving  
the West Hartford  
Area Since 1979

**Do you need a new  
driveway this Summer?**

- Paving
- StreetPrint™
- Chip/Seal
- Stone/Masonry
- Landscaping



Call for FREE consultation: 860-233-6528

A division of Begley Landscaping, Inc.



**Paul K. O'Doherty**  
Master Carpenter  
30 years experience

**YES! YOU CAN AFFORD COMPOSITE WINDOWS!**

**Andersen**  
WINDOWS • DOORS

**PK  
Windows**  
LLC

Craftsmanship • Integrity • Value

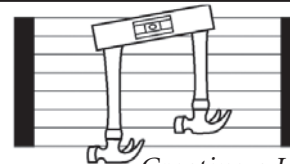


**\$100 OFF**  
our low prices on Anderson  
and Harvey Windows

**860-628-1173**

www.pkwindows.com  
Master Carpenter - 30 Years Experience

H.I.C. #612970



*Creating a Harmony customer, contractor & community*

**ROOFING • SIDING • WINDOWS & more...**

022411

**CALL NOW**  
for our  
**SUMMER ROOFING**  
**SALE**

**CALL NOW for a FREE upgrade to lifetime shingles**  
with this ad only

**860-645-8899**

lic. #604200/ Fully Insured/Free Estimates

Factory Certified with  
**CertainTeed**

**100%  
FINANCING  
AVAILABLE**

**MULCH,  
TOPSOIL,  
& ORGANIC  
COMPOST**

grow  
something  
**special**



**HARVEST**  
New England

**We  
Deliver!**

www.harvestpower.com  
860.674.8855

**SCREENED  
TOPSOIL &  
COMPOST**

**CEDAR MOUNTAIN**



1943 Berlin Tpke.  
Wethersfield

**860-563-9200**



**Call Us Today!**  
**(860) 646-7668**

- Experts in Painting  
Aluminum Siding
- Exterior &  
Interior Painting



CharterPainting.com  
*We treat your home, as if it were our home.*





## ROOFING & SIDING

Replacement Windows  
Additions • Gutters • Decks



**STEPHEN OUELLETTE**  
HOME IMPROVEMENT

**860-667-2160**

Free Estimates Licensed & Insured Lic. #00556269

*A trusted, creative, and experienced design/build team*



PLAIN  
& FANCY  
CUSTOM CABINETRY

ultracraft®  
cabinets for life

Please follow us on



and Like Us on



**CHRISTINO**  
KITCHENS & REMODELING

*Visit our new showroom with the latest styles,  
colors & products for your kitchen and bath.*

730 Hebron Ave., Glastonbury • 860-430-2661 • [www.christinokitchens.com](http://www.christinokitchens.com)



**WALKWAYS • WALLS • PATIOS • PAVERS • POOLSCAPES**

**DELIVERY OF MULCH, STONE & TOP SOIL**

Landscape Design • Lawn Maintenance • Pruning • Stump Grinding  
Brush Chipping for Trees • Bobcat & Excavator Services  
Grading of Lawn Areas for Sod and Seed • Debris Hauling  
Installation & Removal of Plants, Shrubs & Trees • Hedge & Shrub Trimming

**Griffin**  
LANDSCAPING, INC.

Check out our updated photos

**860.257.3146**

[GRIFFINLANDSCAPING.COM](http://GRIFFINLANDSCAPING.COM)





# west hartford LIFE

540 Hopmeadow Street, Simsbury, CT 06070  
860-651-4700

Read our publication online at  
**TurleyCT.com**

**KEITH TURLEY**, Publisher

## EDITORIAL

**Abigail Albair**, Executive Editor

aalbair@turleyct.com

**Lynn Woike**, Editor

**John Fitts**, Assistant Editor

**Alicia B. Smith**, Associate Editor

## STAFF WRITERS

**Allie Rivera**, **Mara Dresner**,

**David Heuschkel**, **Sloan Brewster**

## ADVERTISING SALES

**Lisa Oster-Zippin**

lisa@turleyct.com,

860-264-5652

## PAGE DESIGNERS

**Daniel Kornegay**, **Cynthia Martel**,

**Robert Sirois**

## GRAPHICS DEPARTMENT

**Barbara Ouellette**, Production Manager

ads@turleyct.com, 860-264-5523

**Maureen LaBier**, Production Assistant

**Daniel Kornegay**, **Corley Fleming**, **Cynthia Martel**,

**Kathy Kokoszka**, **Mary Grimes**

## CIRCULATION

For circulation issues, please call 860-651-4700

## FOLLOW US ON



published by

**TurleyCT**  
COMMUNITY PUBLICATIONS

## Writer's Block

### Cruising

by **Lynn Woike**  
Editor

I mourn the death of the Sunday drive. As a child, we'd all pile into the car that had no seat belts and no air conditioning. It did, however, have an AM radio, a cigarette lighter, vent windows and vinyl seats that would burn the back of your legs on a hot summer day. We'd visit state parks and friends of my parents. Dad did the driving. Mom packed sandwiches and fruit for lunch. If we were lucky, somewhere along the way there'd be an ice cream stand. Soft serve was my favorite. Dipped in chocolate that made a hard shell.

The first car I bought was a 10-year-old green VW Beetle. I found every excuse to drive it, eagerly taking the roads less traveled.

But most of the meandering drives I took in high school were with my boyfriend. I'd sit next to him on the bench seat, and if he put his arm around me, I'd shift for him, whether it was on the column or the floor. We drove,

listening to music on the eight-track player or the FM radio and talking. We'd stop for grinders and soda and cigarettes. Sometimes we'd park.

When I first met the man I married, we'd take long Sunday drives in his MGB, aimlessly stopping at antique stores, which were one of the few places open, and waterfalls – maybe a hot dog stand. That's when I came to both love and hate convertibles enough to get my own for the last few years before children.

My goal then was to try to get lost in a town that I knew by turning down every unfamiliar road. But more than on Sundays, I loved driving at night under a full moon with the top down along roads with no streetlights.

Then along came the gas shortages, the rationing, and the buying on even and odd days based on your license plate. We all became energy conscious, combining multiple errands and plotting the shortest route. I think that's when the Sunday drive died.

I miss them.

The last aimless drive I took was May 31, 2016. And before that, it was September 1, 2015. Both times I was on vacation. Both times I didn't

have a destination to reach or a schedule to keep. I also didn't have a map, only the GPS tucked under the seat so I could find my way back when I was ready.

They seemed self-indulgent and I tried not to think about miles per gallon or the effect burning fossil fuel was having on the ozone layer. It felt strange, too, because it lacked a soundtrack from the first half of the '70s. I longed for a CD with songs like "Stairway to Heaven," "Best of My Love," "Heart of Gold," "American Pie" and "Time In a Bottle."

The quiet gave me time to just focus on the road in open country, and not think about all that was waiting for me to do when I returned. It was meditative. I was in a world of my own with little oddities and wonders to discover.

Now when I'm behind the wheel, I'm mostly in a hurry to get somewhere. I'm less likely to take the scenic route.

When I retire, that will change. The road is calling me. I long to turn a school bus into my home and, as Willie Nelson sings, start "Goin' places that I've never been / Seein' things that I may never see again." **WHL**

## Letter to the Editor

### Thanking firefighters

#### To the editor:

I would like to publicly express my deep gratitude to the West Hartford Firefighters Local 1241 for their incredible help to me with my annual fundraiser for St. Francis Hospital.

Starting in 2008 as a grateful cancer patient's way to give back to the hospital which saved my life, our fundraiser has grown each year to well over 100 guests in our backyard.

About seven years ago, the West Hartford firefighters offered to cook for our event – and their cooking has been phenomenal.

I cannot express enough thanks to the great members of Local 1241 who truly make our events such a great success each year. Our guests look forward to their delicious menu, presented with a warm and friendly attitude. They are an incredible group and I am forever indebted to them.

Under the organizational and culinary talents of firefighter Jason Powell, Lt. Adam Pacheco and Local 1241 President Kerry Warren, this year's even on June 12 was a huge success, raising over \$17,000 – in no small part due to the West Hartford firefighters.

Their community spirit is amazing.

–**Barbara Gordon**  
Wood Pond Road



# CLASSIFIEDS

Avon • Canton • Farmington • Glastonbury • Newington • Rocky Hill • Simsbury • West Hartford • Wethersfield

Cleaning Services	Help Wanted	Services	Services	Services	Gamblers Anonymous
<p><b>PITTELLA HOUSE CLEANING</b> – Great references, 14 years of experience, home and office cleaning services available. Quality work, affordable prices. Please call Pittella 860-995-8348</p> <p><b>ADA'S HOUSE CLEANING</b> – Quality personal service. Weekly, biweekly, or monthly. Specializing in help to clean before closing/moving or one time cleaning. In business since 2000. Call 860-521-3823 or 860-944-6541. Lic &amp; insured #1110413.</p> <p><b>Help Wanted</b></p> <p><b>GOOD ATTITUDES REWARDED. MERRY MAIDS NOW HIRING</b> full time or part time. Must be able to work Monday-Friday from 8am-5pm. No nights, holidays or weekends. Must have own car, driver's license and insurance. Please call 860-563-8367 to set up an interview.</p>	<p><b>NOW HIRING: Line Cooks. In person only. Doogies, 2525 Berlin Tpke., Newington.</b></p> <p><b>Wanted to Buy</b></p> <p><b>BUYING OLD MAH-JONG SETS.</b> Paying cash. Incomplete sets okay. 860-231-8466</p> <p><b>WE BUY HOUSES FAST.</b> Local &amp; Professional. Sell your house AS-IS for a Fair Price on a Date of Your Choice, without doing any Repairs. No Fees or Commissions. Call Today. 860-589-4663.</p> <p><b>I BUY HOUSES AS-IS. CASH.</b> Call today 860-674-9498 or Email: john@boucherbuilding.com NO COMMISSION FEES. CT. REG. # 530518</p> <p><b>Services</b></p> <p><b>BENEDICT OVER-HEAD DOOR.</b> Your one stop for all garage door problems. CT HIC #0621772. Call 860-828-2951.</p>	<p><b>CHS CARPENTRY.</b> Kitchen &amp; Bathroom full remodeling, windows, doors, decks, porches, cabinets, installation, paint, custom tile installation, drywalls, siding, rooing, floors &amp; trim work. Fully licensed &amp; insured. References available. Reg.#612982 Call 860-803-5535 or email chscarpentry@live.com</p> <p><b>ANDY WOTTON PLUMBING &amp; HEATING, LLC</b> 860-833-8153. We offer honest plumbing at a reasonable price. Estimates are always given before any work is done. All residential plumbing repairs from leaky faucets to snaking your drain. Remember with Andy Wotton Plumbing, it's not done until you say it is. Call today 860-833-8153. Licensed and insured P10282605 S1 0402048.</p>	<p><b>JOSH'S JUNK REMOVAL</b> - All items removed at a reasonable rate. Call for estimate. We also remove sheds and hot tubs. Insured. Josh Langdon 860-922-4621</p> <p><b>Z-THE HANDYMAN, LLC HOME IMPROVEMENT.</b> Interior. Exterior. Painting, flooring, decks, power washing, vinyl siding, roofing, etc. Don't pay high prices, Call 860-690-2855. Ask for John. Licensed &amp; Insured.</p> <p><b>PRINCE OF GUTTER CLEANING</b> - Hand cleaned out then rinsed. Starting at \$60. Insured. Josh Langdon 860-922-4621</p> <p><b>PIANO TUNING AND REPAIRS</b> by Hartt School of Music trained tuner. Piano cleaning and climate control also available. Contact Ted Williams 860-228-0309</p>	<p><b>PROTECT YOUR INTELLECTUAL PROPERTY.</b> Patents, trademarks etc. Call Ted Paulding. No longer representing the big guys. Now helping the little guys become a big guy. 860-474-5181.</p> <p><b>SECURITY AND FIRE ALARM SERVICES</b> - Sales, installation, service and monitoring of all brands of equipment. Free takeovers of existing systems, free installation on new systems with purchase of equipment. Monthly monitoring rates as low as \$20. Call <b>ALL SYSTEMS ELECTRIC, LLC</b> at 860-436-4957 or visit our website at <a href="http://www.ase-ct.com">www.ase-ct.com</a>.</p> <p><b>DAVINO ANTIQUE CLOCKS -Antique Clock Repair</b> - Repair and maintenance service for antique and vintage clocks. House calls available. 860-402-5585 <a href="http://www.davinoclocks.com">www.davinoclocks.com</a></p>	<p><b>Gamblers Anonymous can help you.</b> Take back your life. Phone: 855-2-CALL-GA 855-222-5542 to speak with someone. Gamblers Anonymous is a non-profit fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. <a href="http://www.gamblersanonymous.org">www.gamblersanonymous.org</a>.</p> <p><b>Overeaters Anonymous</b></p> <p><b>FOOD: Are you over-involved with food?</b> Would you like that to be different? Consider attending an OA meeting and find out what is involved. For more information, meeting times and places call CT OA at 860-840-2475, or look us up at: <a href="http://www.ConnecticutOA">www.ConnecticutOA</a></p>

**Classified Ads:**  
**\$40 for up to 20 words, 30¢ each additional word**  
  
Classified Ads run monthly in all 6 of our local publications. If ordering by mail, please make checks out to TurleyCT or provide your Credit Card information. **PAYMENT MUST BE RECEIVED BY DEADLINE OR YOUR AD WILL NOT RUN.** We accept Mastercard, Visa and American Express. Make checks payable to TurleyCT.


**3 WAYS TO PLACE A CLASSIFIED AD!**  
Call: 860-264-5656  
Email: [mlabier@turleyct.com](mailto:mlabier@turleyct.com)  
Mail: TurleyCT  
Attn: LIFE Classifieds  
PO Box 497  
Simsbury, CT 06070

Name ( PRINT)	AD TEXT
Company:	
Address:	
Phone:	
Check or Card #	
Exp Date	Security Code
No. of Months to run:	

GET MORE FROM...

LIFE

ADVERTISE WITH LIFE PAPERS



860.651.4700

[www.TurleyCT.com](http://www.TurleyCT.com)





BY MARK DIXON  
WFSB METEOROLOGIST [AMS]



# Solar Eclipse Time!

**T**his month marks the first Total Solar Eclipse since 1979, for the contiguous United States. What is it, and what do you need to know? ...here are the details:

The event is happening on Monday, August 21st. As seen in the graphic, those from Oregon to South Carolina will be in the

path of totality (a path roughly 70 miles wide). This is where the moon passes directly between the sun and Earth, entirely blocking the sun for a matter of minutes – at the same time, casting the moon’s shadow on Earth. The longest duration of the total eclipse is approximately 2 minutes and 40 seconds, when passing over Illinois!

Here in Connecticut, we will not see a “total” eclipse, but a “partial” one. This means the moon will only partially block the sun. On the 21st, for viewing from the Nutmeg State, the partial eclipse will begin around 1:25 p.m., reach its maximum point at 2:45 p.m. then end around 4 p.m. (lasting 2.5 hours, from start to finish).

Viewing will be weather permitting, of course. Furthermore, if visible, you will want to do so safely. Do NOT look directly at the eclipse. Using traditional sunglasses won’t suffice, even if they’re very dark. Instead, you will need special “eclipse glasses” that utilize a special-purpose solar filter. **WHL**

**MARK ZINNI & ERIN CONNOLLY**

**EYEWITNESS NEWS 3**

**WEEKNIGHTS AT 11:00 PM**

**BRIAN AMBROSE PHOTOGRAPHY**

**SENIOR PORTRAIT SESSIONS STILL AVAILABLE!**

860.659.1119 [brianambrosephoto.com](http://brianambrosephoto.com)

**TurleyCT Community Publications**  
Life Publications The Valley Press The West Hartford Press  
**To advertise call 860-651-4700 • TurleyCT.com**



Visit our new website at **averyheights.org**

# Regain your independence by living with some assistance.



## Assisted and Supportive Services for seniors at Avery Heights

Nobody plans to move from the house they love. Yet it seems that at some point we all experience something that tells us it might be the best option. The Terraces at Avery Heights offers comfortable residences for singles and couples that wish to maintain the highest level of independence possible.

- Assistance, as required, with bathing, grooming and dressing
- Personal laundry service each week
- Help with light housekeeping
- Three meals available daily
- Round-the-clock supervision and comfort checks by trained staff
- Comprehensive medication management

## Avery Heights Open House Tour!

Take a tour, enjoy lunch and get a taste for our exceptional value!

- Saturday, August 12
  - Wednesday, August 23
  - Saturday, September 9
- Open House starts promptly  
at 11:00 am



*Your best friend will love it here too!*

To learn more, or to schedule a personal tour, contact  
Cyndee Goodwin at **860-272-4252**

**Reserve your home  
by September 1 and  
save up to**

**\$10,000!**

**Includes:**

**Downsizing and moving costs  
Up to 2 months free rent  
*Call for eligibility and details***



One Senior Living Community.  
Everything You'll Ever Need.

550 Avery Heights  
Hartford, CT 06106



# COLDWELL BANKER

## RESIDENTIAL BROKERAGE



**FARMINGTON.** Fabulous lakefront property located within minutes to West Hartford Center. Features include 5 BR's, 3 Full Baths and tantalizing views! \$795,000

**Merin-Horner Team 860.989.8882**



**HARTFORD.** Distinctive 5BR/3+BA residence. Highly-desirable home with beautiful appointments. Spread-out space. 3 fireplaces. This elegant home will delight you. \$525,000

**Billie Reese 860.841.2457**  
**David Bobowski 860.543.2307**



**WEST HARTFORD.** Stunning English colonial on coveted street in Bugbee School District! 4BR, 2.5 baths, hardwood flrs, white kitchen, unique custom details throughout, stunning landscaping with patio. A Must See! \$525,000

**Michael Antisdale 860.803.6560**



**WEST HARTFORD.** Just in time! Beautiful renovation of charming home: Exquisite new kitchen/dining; recent family room off the back, 3BR, 2bA, 2 car garage, lovely lot! \$419,900

**Sherry Rifkin 860.985.6053**



**WEST HARTFORD.** Just a short stroll into the Center from this 4 BR 2 1/2 BA classic colonial loaded with charm. New kitchen w/granite, new C/Air and gas furnace. Wood floors throughout, 2 car att garage. \$424,900

**Lisa McCarthy 860.604.8723**

### Please Help Us in Welcoming Our New Agents:

**Derek Skrzypek 860.806.2922**  
**Hunter Mathena 860.916.2255**  
**Robert Ives 203.641.0077**  
**Sudakshina Mitra 860.481.0588**  
**Vin Chhit 860.618.8520**  
**Ruby Kammerer 860.841.0032**



**WEST HARTFORD.** Wonderful "West End" 4 bdrm home with new detached oversized two-story garage w/ finished upper level. Central Air, new roof, professional landscaping and irrigation system. \$374,000

**Billie Reese 860.841.2457**



**WEST HARTFORD.** Amazing location - walk to Blue Back! 3 beds 1.5 baths with charming period details and woodwork plus updated kitchen & baths, NEW CAIR & gas furnace, bonus rooms & more! \$345,000

**Holly Walsh 860.810.7487**



**WEST HARTFORD.** Freshly painted, gleaming refinished hardwood floors throughout with all new windows. Redesigned kitchen has granite counters, all new cabinets and new stainless appliances. \$339,000

**Greg Reese 860.818.4861**



**WEST HARTFORD.** Well-maintained 4 bedroom 3.5 bath Cape with attached two car garage. Enjoy the Landscaped backyard from the lovely porch. \$335,000

**Joyce Aparicio 860-913-4231**



**WEST HARTFORD.** Great Classic colonial style home located in the ever popular Morley school neighborhood. Renovated kitchen w/granite, SS appliances and gas range. \$319,000

**Tracey Hollerbach 860.305.7993**



**WEST HARTFORD.** Charming gambrel colonial in popular Webster Hill neighborhood. 2 bedrooms, 1.5 baths, liv rm with fireplace, formal dining rm, hardwood floors, stainless appliances, 1-car garage. A great value! \$233,500

**Michael Antisdale 860.803.6560**



**WEST HARTFORD.** NEW PRICE! Lead a carefree life in this hospitable 2-bedroom condo. Upkeep is so easy in this delightful unit. Lovely residence boasting fireplace. Indulge yourself in a gem! \$215,000

**Sherri Schwartz 860.883.0178**



**WEST HARTFORD.** Super Cute! 2 bedroom Cape, with first floor family room w/ fireplace, formal din room, hardwood floors, 1 car garage, CAIR, fenced in back yard, New roof, hot water heater. \$174,900

**Mary Rose Sinatro 860.614.4566**



**WEST HARTFORD.** Charming 1 bedroom condo steps to West Hartford Center and Blue Back. Heat Hot water included. Hardwood floors, high ceiling, arched doorways \$149,000

**Sherri Schwartz 860.883.0178**

**Sylvie Fillion, Mortgage Representative & Senior Loan Officer** For Special Financing Opportunities On Any Of Our Listings, Please Contact Sylvie at 860-570-2520 • NMLS #110720 & CT #5584

Please stop by our new office to view our West Hartford Property Showcase!

West Hartford Office | 992 Farmington Avenue | West Hartford, CT 06107 | 860.231.2600

**ColdwellBankerHomes.com**

© 2017 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker® and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate LLC. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor sales associates and are not employees of the Company.

